

TODAY'S PAPER INSIDE

# express

MARCH 22, 2011 | A PUBLICATION OF *The Washington Post*

ADVERTISEMENT

## POST TICKETS

Washington's home for hometown tickets

### Atlanta Braves @ Washington Nationals

Thursday, Mar 31, 2011 - 1:05 PM | [Other Nationals Games](#)

Total Tickets 7135



#### tiqzones

<input type="checkbox"/>	Infield Box	1153 tickets (\$53 - \$399)
<input type="checkbox"/>	Mezzanine	1048 tickets (\$29 - \$88)
<input type="checkbox"/>	Outfield Reserved	2276 tickets (\$20 - \$999)
<input type="checkbox"/>	Infield Gallery	1733 tickets (\$15 - \$1163)
<input type="checkbox"/>	Outfield Gallery	746 tickets (\$14 - \$1163)
<input type="checkbox"/>	Infield Club	24 tickets (\$120 - \$216)

**Outfield Gallery**  
746 tickets \$14 - \$1163  
Section: 224



Visit [tickets.washingtonpost.com](http://tickets.washingtonpost.com) today

Learn more

Introducing...

# POST TICKETS

Washington’s home for hometown tickets

Find D.C.’s hottest sports tickets from the top resellers  
– all in one place –

**Carolina Hurricanes @ Washington Capitals**  
Tuesday, Mar 29, 2011 - 7:00 PM | [Other Capitals Games](#)  
Total Tickets 2487

Verizon Center - DC



**All-in-Price Estimate: \$121**  
Base price: \$110 | Seller Service Fee: \$11 | +Shipping from \$12

**\$110**  
Base Price  
90% below market price  
Face price not available

Good Deal

TiqIQ  
100's Center  
-8.3% Weekly Change  
TiqZone Avg. Market Price History




**ticket listings**

Zone	Section	Row	Qty	Price
112	E	1	1	\$121
112	H	2	1	\$123
110	D	4	1	\$125
112	P	2	1	\$132
121	F	2	1	\$135
110	D	4	1	\$136
112	G	4	1	\$138
100	F	2	1	\$140

**Miami Heat @ Washington Wizards**  
Wednesday, Mar 30, 2011 - 7:00 PM | [Other Wizards Games](#)  
Total Tickets 3134

Verizon Center - DC



**All-in-Price Estimate: \$268**  
Base price: \$256 | Seller Service Fee: \$9 | +Shipping from \$4

**\$268**  
Base Price  
43% below market price  
64% below face price

Good Deal

TiqIQ  
100's Center  
-6.7% Weekly Change  
TiqZone Avg. Market Price History




**ticket listings**

Zone	Section	Row	Qty	Price
101	Q	2	1	\$268
111	T	2	1	\$275
101	Q	2	1	\$288
101	T	2	1	\$290
101	T	6	1	\$296
101	Q	2	1	\$296
112	N	2	1	\$296
101	T	6	1	\$307

**Atlanta Braves @ Washington Nationals**  
Thursday, Mar 31, 2011 - 1:05 PM | [Other Nationals Games](#)  
Total Tickets 6790

Nationals Park




**All-in-Price Estimate: \$22**  
Base price: \$22 | Seller Service Fee: \$0 | +Shipping from \$4

**\$22**  
Base Price  
40% below market price  
3% above face price

Good Deal

TiqIQ  
Outfield Reserved  
-1.3% Weekly Change  
TiqZone Avg. Market Price History



**ticket listings**

Zone	Section	Row	Qty	Price
240	K	8	1	\$22
241	J	20	1	\$24
240	H	10	1	\$25
240	K	8	1	\$25
240	K	8	1	\$26
241	J	20	1	\$26
242	E	18	1	\$26
140	V	3	1	\$27

- Buy tickets to Washington’s favorite pro and college teams including the Caps, Nationals, Wizards, DC United, Georgetown and more
- See the view from your seats before buying your ticket
- Sort and search tickets by price, zone, section, row, quantity, rating or vendor
- Follow us on Facebook and Twitter for special updates and deals

Visit [tickets.washingtonpost.com](http://tickets.washingtonpost.com) today



# express

www.expressnightout.com

**LIPOSUCTION-TUMMYTUCK.COM**  
Unwanted Fat Removed Permanently!

FREE Diet Management  
FREE B12 Shots  
0 Down, 0 Interest 100% Financing  
Gov't/Military Discounts  
No Credit Check/ Guaranteed Financing

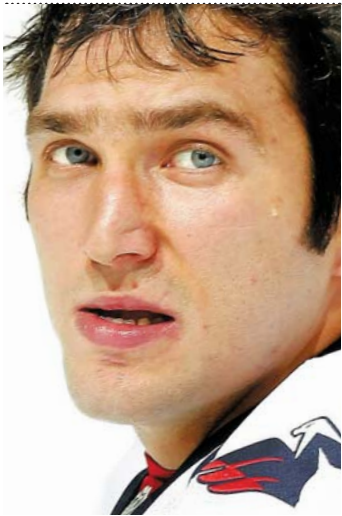
**SPECIAL ENDS SOON!**

**vita**  
SURGICAL GROUP  
www.vitasurgical.com  
202.452.1332 24th and I St., NW  
703.533.1025 Tyson's Corner  
703.465.0666 Alexandria  
410.730.7226 Columbia/ Baltimore

Before  
After

**Tuesday**

MARCH 22, 2011 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



**PLAYOFF PICTURE**  
**Ovechkin's injury**  
adds more drama to a  
maddening March **13**

**TRANSFORMATION**  
**Landmark surgery**  
gives a disfigured man  
an entirely new face **4**

**COMMUNITY BUILDING**  
**An addictive  
online  
gaming  
empire**  
expands  
rapidly **31**



# 'GADHAFI HAS TO GO'

As rebels scramble to exploit coalition strikes, Obama says U.S. aim is to oust the Libyan leader **9**

ANJA NEDRINGHAUS/AP





eye openers

ROAD TRIPS

‘Well, So Much for the Beach. Who’s Up for Some Looting?’

Drivers near the South Carolina-North Carolina state line were warned of some unusual road hazards Sunday. Electronic signs that normally flash messages about construction or accidents read “Zombies Ahead,” “Watch for Hunters” and “Be Alert for Tanks.” Hackers pulled similar pranks in 2009, using road signs to warn of zombies in Collinsville, Ill., and Austin, Texas. (AP)

“The camera was left lying on the floor, so half of the shot was grass, and people’s heads were cut off.”

— MARTIN SHUBROOK OF ESSEX, ENGLAND. HE AND HIS WIFE WON THEIR SUIT AGAINST A WEDDING VIDEOGRAPHER WHO GAVE THEM FOOTAGE OF, AMONG OTHER THINGS, SHOES, SHOULDERS AND PEOPLE NOT AT THE WEDDING.

SOCIAL NETWORKING

Man Blames Plight on Facebook Privacy Settings

A Muskegon, Mich., man faces a polygamy charge after the wife he left in Rhode Island saw wedding photos with another woman on Facebook. Richard Barton Jr. was arraigned Thursday and has a court date on March 31. The Grand Rapids Press says Barton married the other woman in July. He and the Rhode Island woman had discussed divorce but never acted on it. (AP)

The Big Picture

ALBERTO SAIZ/AP



PAPIER-MÂCHÉ FIGURES were cast into bonfires Sunday to conclude the Fallas festival in Valencia, Spain. The weeklong annual celebration honors St. Joseph with fireworks and various processions. (AP)



BEHIND THESE GREAT WALLS

You’ll Join the Company of Great Minds

GEORGETOWN UNIVERSITY’S McDONOUGH SCHOOL OF BUSINESS invites you to discover more about our **Executive MBA and Global Executive MBA** degree programs. Visit [msb.georgetown.edu/executive](http://msb.georgetown.edu/executive) to discover our programs.

Plan to Join Us and Learn More  
Thursday, April 7, 2011 | 6:30 p.m.

Georgetown University, McDonough School of Business  
37th & O Streets, NW | Washington, DC 20057  
(Free shuttle from the Dupont Circle and Rosslyn Metro Stops)

GEORGETOWN  
UNIVERSITY  
McDonough  
SCHOOL of BUSINESS



# T-Mobile-AT&T Plan Stirs Debate

Wireless carrier deal raises concerns over fair prices for users

## Washington

AT&T's surprise announcement that it plans to acquire T-Mobile USA will force federal regulators to confront a difficult antitrust question: Can American consumers get good wireless service at a fair price if they must choose between just two national companies?

That debate will be at the center of the government review of the \$39 billion cash-and-stock deal announced Sunday. If approved, the purchase would catapult AT&T past Verizon Wireless to become the nation's largest cellphone service provider.

The deal would combine AT&T Inc., the nation's second-largest wireless carrier, with T-Mobile USA, the fourth-largest, which is now owned by Germany's Deutsche Telekom AG. And it could pave the way for Verizon to go after Sprint Nextel Corp., which would be a distant No. 3 and the only remaining

## New AT&T Would Become No. 1

**Verizon**  
100 MILLION  
SUBSCRIBERS

**AT&T**  
95 MILLION  
SUBSCRIBERS

**Sprint**  
50 MILLION SUBSCRIBERS

**T-Mobile**  
35 MILLION SUBSCRIBERS

If regulators approve AT&T's plan to purchase T-Mobile USA, it would create the largest cellphone company in the United States and effectively reduce the number of nationwide wireless carriers to three. (TWP)

national provider.

None of the smaller U.S. carriers — including Leap Wireless, Metro PCS and U.S. Cellular — has complete nationwide coverage.

Officials at the Justice Department and the Federal Communications Commission could spend a year or more scrutinizing the deal before deciding whether to block it or allow it to proceed.

"I am not convinced that this deal is unthinkable," said Jeffrey Silva, an analyst with Global Medley Advisors. "But it's a very, very heavy lift."

Regulators will conduct a thorough market-by-market analysis to determine how many wireless choices consumers would have in communities across the country.

## Consumer Questions

**Sorry, T-Mobile iPhone hopefuls.**

Even though AT&T and T-Mobile have announced plans to merge, T-Mobile makes it sound like the iPhone isn't coming to the network anytime soon. "T-Mobile USA remains an independent company," the company said. "The acquisition is expected to be completed in approximately 12 months. We do not offer the iPhone." T-Mobile also assured customers nothing about their billing, rates or service would change. It will also honor all contracted plans entered into before the switch. (TWP)

And even if they allow the deal to go through, government officials would probably require the combined company to sell off assets in markets that are too concentrated.

The bigger question facing federal officials is whether the enormous cost of building a nationwide wireless network means that a market dominated by only two companies is the best they can hope for.

JOELLE TESSLER (AP)

## In Brief

COLUMBIA, S.C.

### S.C. Officials: Fatal Kids' Train Ride Opened Early

Officials say the children's train ride that crashed over the weekend, killing a 6-year-old boy, opened a week early to accommodate an early blast of spring weather. Spartanburg Parks Commission spokeswoman Nisha Patel said Monday that officials opted to open the nearly 60-year-old train March 19, a week ahead of schedule. (AP)

SAN ANTONIO

### Police: Angry Taco Bell Customer Fires Air Gun

Police say a San Antonio Taco Bell customer enraged that the seven Beefy Crunch Burritos he ordered had gone up in price from 99 cents to \$1.49 fired an air gun at an employee and later fired an assault rifle at officers before barricading himself into a hotel room. Police officers used tear gas Sunday night to force the man from the hotel room. (AP)

## Correction

A March 17 Local section item ("Man Gets Death Penalty for Bludgeoning Wife") incorrectly characterized the connection between convicted killer Mark E. Lawlor and his victim, Genevieve Orange. The victim lived in the apartment complex where Lawlor worked. They were unrelated.



**We Can Be Heroes:** Daniel Radcliffe looks forward to a world where young people grow up unaffected by differences in sexual orientation. Over the last few years, the "Harry Potter" star has been doing his part to make that a reality with his work with the Trevor Project, the leading organization for suicide prevention efforts among gay, lesbian, bisexual and transgendered youths. Radcliffe will be honored with the organization's Hero Award in June. (AP)

## Spring Allergies?

### Spring Has Sprung.

Allergies are more than a runny nose and watery eyes. Cold-like symptoms, poor performance at work or school, headaches and fatigue may be caused by allergies.

Our allergists have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those painful scratch tests.

Please accept our invitation to visit us and make an appointment today.

**Allergy Care Centers**  
Care for All Seasons

800.287.2829  
**MyAllergyCare.com**

Ballston • Chantilly • Gaithersburg/North Potomac • Laurel • Manassas  
Springfield • Sterling • Vienna • Wheaton Plaza • White Flint



Calvin Klein  
underwear

new store opening  
Georgetown

Management and PT Sales  
positions available.

Attend our Open Houses:  
March 24th, 4 – 8pm  
March 25th, 9:30am – 4pm  
The Westin Georgetown  
2350 M St., NW  
Washington D.C.

Or apply online at  
**warnaco.com**

Nation

New Face for Texas Man

Boston hospital touts landmark transplant for injured worker

Boston

A Texas construction worker horribly disfigured in a power line accident has undergone the nation's first full face transplant in hopes of smiling again and feeling kisses from his 3-year-old daughter.

Dallas Wiens, 25, received a new nose, lips, skin, muscle and nerves from an unidentified dead person in an operation paid for by the U.S. military, which wants to use what is learned to help soldiers with severe facial wounds.

Wiens will not resemble "either what he used to be or the donor," but something in between, said plastic surgeon Dr. Bohdan Pomahac. "The tissues are really molded on a new person."

Pomahac led a team of more than 30 doctors, nurses and other staff at Brigham and Women's Hospital during the 15-hour operation last week. Wiens was listed in good condition on Monday.



Dr. Bohdan Pomahac, right, speaks during a news conference on Monday at Brigham and Women's Hospital in Boston regarding Dallas Wiens' face transplant.

Physical Limitations



**Dallas Wiens' features** were all but burned away and he was left blind after hitting a power line while painting a church in November 2008. The transplant was not able to restore his sight, and some nerves were so badly damaged that he will probably have only partial sensation on his left cheek and left forehead. (AP)

Wiens has been able to talk to his family on the phone, said his grandfather, Del Peterson, who attended the news conference Monday. After the accident, Wiens said "his choice was to get better," Peterson said.

The new federal health care law also helped Wiens by allowing him to get insurance coverage under his father's plan for the expensive drugs he will have to take for the rest of his life to prevent rejection of his new face. He will be covered until he turns 26 in May. (AP)



REGULATIONS

Car Seat Safety

**Children should** ride in rear-facing car seats longer, until they are 2 years old instead of 1, according to updated advice. The American Academy of Pediatrics and the National Highway Traffic Safety Administration say older children who've outgrown front-facing car seats should ride in booster seats until the lap-shoulder belt fits them. (AP)

Women Science Roles Up at MIT

Boston

The Massachusetts Institute of Technology has succeeded in boosting the number of women on its science and engineering faculties and in making the university a friendlier and more supportive place to work in the decade since a pair of scathing reports on the status of women at the school, yet more remains to be done, according to an internal report released Monday.

"I chaired the study 10 years ago for engineering, and if you had asked me then how much better I thought it could get for women faculty, I never would have thought that we would get this far in 10 years," Lorna Gibson, professor of

112

The number of women on the science and engineering faculties at MIT in 2011, up from 46 in 1995. More women are also serving in senior administrative positions. (AP)

materials science and engineering and chair of the School of Engineering study, said in a statement.

Two reports released in 1999 and 2002 found MIT to be an often unwelcoming place for women. Women in those surveys showed concern about being marginalized, left out of the decision-making processes within their departments, and, in some cases, discriminated against. (AP)



# Pawlenty Steps Toward '12 Presidential Run

## St. Paul, Minn.

Tim Pawlenty, the former Minnesota governor largely unknown outside his home state, on Monday became the first major Republican presidential candidate in a slow-to-gel GOP field, launching an exploratory committee for the 2012 race.

In a Hollywood-style Web video designed to appeal to tea partiers and establishment Republicans alike, Pawlenty urged GOP backers

to join him to "take back our government. This is our country."

"Today, I'm announcing the formation of an exploratory committee to run for president of the United States," Pawlenty said.



The move almost certainly will lead to a full-blown candidacy for the Republican nomination.

Pawlenty is taking the most concrete steps toward a White House run, raising money and announcing he will file paperwork with the Federal Election Commission. Earlier in the day, he told allies he would base a presidential campaign in Minnesota.

Even so, he remains an unknown in a field that lacks a front-runner. A Washington Post-ABC News poll conducted earlier this month found roughly six in 10

voters had no opinion of him.

In the video, Pawlenty played up his humble roots and the challenges facing the country: "At a young age, I saw up close the face of challenge, the face of hardship and the face of job loss. Over the last year I've traveled to nearly every state ... and I know many Americans are feeling that way today. I know that feeling. I lived it," Pawlenty said. "But there is a brighter future for America." (AP)

## MILESTONE

### An Honor for Oprah



The Illinois Broadcasters Association says talk show host Oprah Winfrey will be the latest nationally prominent Chicago-area

broadcaster joining its hall of fame. The group announced Monday that Winfrey will be inducted May 3. Association president and CEO Dennis Lyle called Winfrey "the epitome of broadcasting excellence." (AP)

## URGENT CARE

### Same Day Appointments

- NON-LIFE THREATENING EMERGENCIES
- ROUTINE MEDICAL CARE
- MEDICATION REFILLS
- TRAVEL MEDICINE
- ACCEPTS INSURANCE

### FOGGY BOTTOM CLINIC

BEHIND FOGGY BOTTOM/GWU Metro  
foggymbottomclinic.com

202.463.5141

## Got Belly Fat?

FREE Treatment -  
LIMITED TIME OFFER:  
Until March 30th



Dr. Berg seen on...

CBS 2  
Woman's Day fitness

Call Now:  
703-354-7336

Dr. Eric Berg, DC  
DrBergWorkshop.com



# w♥rk out to help out.

Support the Japanese earthquake relief effort.

Join for \$25 and the entire amount will be donated by us to the American Red Cross.\*



## washington sports clubs®

MySportsClubs.com • 800.301.1231 • 18 D.C. metro-area locations

\*Monthly dues and processing fee are due upon enrollment. Requires a 1-year membership. Sales tax where applicable. Offer valid 3.17.11 - 3.28.11.



## DOUGLAS HANNANT

FRIDAY-SUNDAY  
MARCH 25-26-27

**SAVE 10%**

ON YOUR TRUNK SHOW ORDER



Mazza Gallerie, Floor Two  
5300 Wisconsin Avenue, NW  
Washington, DC 20015

Appointments: 202.363.9301  
www.chevychasebridal.com





On Monday, soldiers pick through debris-strewn Onagawa, Japan, hunting for possible survivors. At right, a father and son survey the tsunami-ravaged city of Kesennuma.

# Amid Crisis, Yearnings for Home

Temporary housing marks the start of Japan's long recovery

## Rikuzentakata, Japan

Yukiko Yamaguchi wants to go home.

But like the more-than 400,000 others in shelters since the tsunami on March 11, the 73-year-old has no idea when she will. Rebuilding Japan's northeast coast is expected to take years, a monumental effort not even close to beginning.

Instead, another phase is slowly getting off the ground: the construction of temporary homes.

"We're anxious to leave here," Yamaguchi said, sitting with her husband in the school gym that has been their home since the town of Rikuzentakata was flattened.

## Scramble for Nuclear Containment

Officials raced Monday to restore power to Japan's leaking nuclear plant in an effort to restore the system that helps cool the overheated reactor cores. Ideally, officials believe it should take one day to get Fukushima Dai-ichi under control once the cooling system is running. In reality, the effort is likely to take weeks. Since the earthquake and tsunami on March 11, the plant has been volatile. Smoke rose from two reactor units Monday, prompting workers to evacuate, though officials said radiation levels remained steady. In another setback, officials said Monday that some key pumps at Unit 2 must be replaced. (AP)

Workers outside the school on Monday screwed in the roof of one of the first temporary homes, a metal-sided box on wooden stilts.

The house is one of 135 that will be built at the school by the Iwate provincial government and one of thousands that will go up across Rikuzentakata's hilly outskirts.

"The question everybody is asking is, 'When can we go home?'" Yamaguchi said. "We want to

### \$235B

The damage in Japan caused on March 11, the World Bank said Monday. It may take the country five years to rebuild, the bank said. (AP)

know how they plan to rebuild this town."

There is no answer so far. Debris removal must be complet-

ed, and workers are still finding bodies. Japanese authorities say more than 8,600 people are confirmed dead and 13,200 are missing. In Rikuzentakata, bulldozers on Monday began demolishing uninhabitable homes.

"It's all so hard to believe," said Tsutomu Nakai, 61, who runs the shelter where Yamaguchi and nearly 1,000 others are staying.

Nakai said he would rebuild, though he was unsure how.

"I was born here. I will spend the rest of my life trying to rebuild this place," he said.

Kadzuhiro Kimuri, a resident of Onagawa, said some towns would never be the same.

"I think most people will never come back — especially not the young generation," he said. "There weren't many jobs here for them, and now there are none." (AP)

## In Brief

### ROME

#### Pelosi Resumes Talks After Brief Hospital Stay



Pelosi

House Democratic leader Nancy Pelosi, 70, was briefly hospitalized in Rome early Monday after feeling unwell but by afternoon had resumed her schedule, a spokesman said. Pelosi skipped morning talks with Italian officials, the ANSA news agency reported. (AP)

### BRAZZAVILLE, REPUBLIC OF CONGO

#### Plane Crash in Suburb Leaves at Least 16 Dead

At least 16 people were killed when a cargo plane crashed Monday into a densely populated Republic of Congo neighborhood, according to witnesses and a cameraman who captured the plane's fall on video. The Antonov 32, owned by private company Trans Air Congo, crashed in the Mvumvou area of Pointe-Noire, the country's economic capital. (AP)

## 2M

The approximate number of child pornography pictures that police in Bosnia seized in the weekend arrest of a 46-year-old man suspected of involvement in an online child pornography ring, Bosnian officials said Monday. Police also seized about 7,000 video clips. (AP)



## Your Perfect Healthy Smile is Our Passion

Introducing The Latest Technology in Comprehensive Dental & Orthodontics Care

**All in One Facility:**

- Implants • Emergency Care • Dental Check-Ups
- Crowns & Bridges • Root Canal Therapy • Oral Surgery
- Periodontics • Cosmetic Dentistry • Orthodontics
- Digital Computerized X-Rays • Intra-Oral Camera/Video Imaging • Air Abrasion (No More Needles)
- Evening & Saturday hours by appointment

**K Street Dental & Orthodontic Group**  
Dr. A. Shouhayib & Associates

3 Washington Circle, NW, Suite #306  
Washington, DC 20037 • 202.775.0167

**Premiere Invisalign Provider**  
(top 5% Nationwide 2005)



Now you have a choice  
Straighten Teeth. No Braces

**New Patient \$99 Exam Special**  
includes Complete exam, routine cleaning, 4 bite wing & 2 pa x-rays (\$304 Value)  
Not valid w/periodontal (gum) disease. Not valid with insurance. Some additional restrictions may apply. 1 coupon per patient. Expires 3/31/2011

Click an appointment on line  
[www.kstreetdental.com](http://www.kstreetdental.com)

308 Main St., Gaithersburg, MD 20878  
Beside Whole Foods • 301.977.9787



## World

# Tanks Face Off in Yemeni Capital

Defections continue to erode support for embattled president

## Sana'a, Yemen

Rival tanks deployed in the streets of Yemen's capital Monday after three senior army commanders defected to a movement calling for the ouster of the U.S.-backed president, radically depleting his support among the country's most powerful institutions.

Maj. Gen. Ali Mohsen al-Ahmar, commander of the army's powerful 1st Armored Division, announced his defection in a message deliv-

ered to protest leaders at the square in Sana'a that has become the epicenter of their movement.

Some of the division's tanks and armored vehicles then deployed in the square, which protesters have occupied for more than a month to call for the resignation of President Ali Abdullah Saleh after 32 years in power. An increasingly violent crackdown on the protests escalated Friday, when Saleh's forces killed more than 40 in an assault that caused much of his remaining power base to splinter.

Al-Ahmar also sent tanks to the state television building, the Central Bank and the Defense Ministry.

## Meanwhile ...

**Syrians held a defiant march** Monday after a deadly crackdown failed to quash three days of protests in a southern city—a rarity in a country that brutally stifles dissent. Unrest in Daraa started Friday after security troops killed five protesters. Two more died over the next two days. Officials sealed the city but were letting people to leave as thousands set fire to government buildings. (AP)

Still, Saleh, who has cooperated with a U.S.-backed offensive against al-Qaeda, appeared to retain the backing of at least some

of Yemen's military.

Defense Minister Mohammed Nasser Ahmed said on television that the armed forces remain loyal to the president.

A senior opposition leader said contacts were under way with the president over a peaceful way out of the ongoing crisis.

Saleh fired his entire Cabinet on Sunday ahead of what one government official said was a planned mass resignation.

Yemen's ambassadors to Jordan and Syria, and its parliament's deputy speaker also announced Monday they backed the opposition, further undermining Saleh's authority. (AP)

**I Know You're Distressed!  
I Know You're Confused!  
Don't Walk Away!  
I Can Help!**

Don't let the bank foreclose on you and ruin your good credit for years to come — instead let me help you sell your house for less than you owe; get the lender to **RELEASE** you from further liability; limit the amount of bad marks on your credit; and live in your home **PAYMENT-FREE** until it sells.

**CALL ME NOW:**  
(301) 656-1222/(703) 893-0505  
or VISIT: [www.LenderRelease.com](http://www.LenderRelease.com)

*There's a huge difference between life after foreclosure and life without foreclosure!*

Copyright 2010 Frank Sanya



**Frank Sanya**

CERTIFIED DISTRESSED PROPERTY EXPERT

(301) 656-1222  
(703) 893-0505

**RE/MAX**

2000 REALTORS

Each office independently owned & operated.

(301) 881-1700 (0)



**TO ADVERTISE A JOB IN EXPRESS,  
call 202-334-4100.**

**VCLEAN** Serving DC, MD, NoVA and Delaware!

**Breathe Better This Spring:**

# Allergy Buster Specials

Ends  
April 5<sup>th</sup>  
2011

**Reduce Pollen & Allergens With  
A Complete Spring Cleaning!**

## Air-Duct Cleaning

Removes Dirt, Dander, Dust, Pollen, Allergens, Musty Odors, Construction Debris and **SAVES ENERGY!**

**10 Vents, 1 Main & 1 Return**

Additional vents \$10ea., returns \$15ea., mains \$50ea.

Multiple systems will vary. Written work order and complete system inspection included with this offer.

**BEFORE**



**AFTER**



**\$79.95**

Regularly  
**\$165!**

## Carpet Cleaning

**Steam Clean Your Carpets!**

**Any Size Room:**

**Free Color Brightener**

**Free Deodorization**

**Other Services Available**

Berber & specialty carpets extra.

**\$12.95** Per Room  
2 room min.

Regularly  
**\$19.95**

**FREE HALLWAY**  
With 5-room order!

## Upholstery Cleaning

**Inc. Steam  
Cleaning,  
Deodorizer &  
Mild Detergent**

**Loveseat  
\$29.95**

**Sofa  
\$39.95**

Dry clean only. Fabrics & sections priced separately.  
Dry foam cleaning available.

## Crawlspace & Basement Mold Remediation

- Mold • Water Damage
- Vapor Barriers
- Insulations
- Transferable Warranty

**20% Off**

**Any Written Estimate**

**Why Call VClean?**

- ✓ Excellent Customer Service
- ✓ Green Products & Techniques
- ✓ Experienced, Friendly and Reliable Technicians
- ✓ Modern Equipment
- ✓ Guaranteed Workmanship

**VCLEAN**

[vclean.com](http://vclean.com)

**Live Healthy**



Proud Partner

TOLL  
FREE:

**888-431-0312**

MD: 240-841-7100 | VA: 703-383-0828 DC: 202-944-3818 | DE: 302-226-0616



promo  
code

**EX110322**

**10% OFF**

For Senior Citizens & Government Workers!



Monday-Friday  
7AM - 8PM  
Saturday-Sunday  
8AM - 4PM  
Licensed/Insured



Volgenau School of Engineering

# TECH

## advance

Learn Grow Advance

PROFESSIONAL DEVELOPMENT PROGRAMS

Trainers with industry experience

Hands-on training

Daytime, evening and weekend classes

Continuing Education Units awarded

Payment plans available

Courses meet DoD 8570.01 requirements

INFORMATION TECHNOLOGY	
CCNA	March 26
Network+	March 26
IT Business Analysis	April 2
Security+	April 2
VOIP Fast Track	April 4
Web Design and Developer	April 12
Oracle 11g Certified Professional (OCP)	April 14
Information Technology Foundations (A+/Network+/MCP/CCNA/Security+)	April 16
Microsoft SQL Server 2008	April 18
Oracle 11g Database Security	April 18
Microsoft Certified Professional (MCP)	April 25
Oracle 11g Database Administrator	June 7
MCSE Windows 2008	June 21
and more...	

For complete outline and schedule, visit our website at [volgenau.gmu.edu/techadvance](http://volgenau.gmu.edu/techadvance)

Arlington, Herndon, and Loudoun

703-993-1551

[advance@gmu.edu](mailto:advance@gmu.edu)

WeekendPass makes the weekend rock.

Every Thursday in Express.

X173626.5

# World

## Hope Fades at Mine in Pakistan

### Sorange, Pakistan

Rescuers used shovels and bare hands Monday to dig out miners buried after a gas explosion deep in a coal mine in northwestern Pakistan, lining up caskets to await the bodies from an accident that left 52 feared dead.

More than 200 people stood outside the mine waiting to help or hear news. Since Sunday's accident, only bodies — 27 of them — have been recovered.

Officials said the mine, owned by the state-run Pakistan Mineral Development Corporation, was declared dangerous two weeks ago due to the presence of methane gas, but the warning was ignored.



Workers in Sorange, Pakistan, remove a body from a damaged mine Monday.

Methane gas is a major cause of coal mine explosions.

The search for the bodies was slowed by the presence of the gas and the fragile state of the mine, which prevented the use of heavy

**“There is zero percent chance we can get anybody alive.”**

— IFTIKHAR AHMED, A MINING INSPECTOR IN PAKISTAN, ON MONDAY DISCUSSING THE RECOVERY EFFORTS AFTER A MINE EXPLODED ON SUNDAY IN SORANGE.

machinery, officials said.

The mine is located in Sorange in Baluchistan province, 25 miles east of the provincial capital, Quetta.

Mining — for gems, marble, granite, chromite and coal — is one of the only industries in much of northwestern Pakistan. Accidents are commonplace. (AP)





## Register Today at

# WWW.AFA.ORG

The Air Force Association Presents

# CYBERFUTURES

# CONFERENCE

AND TECHNOLOGY EXPOSITION

New Strategies for a New Domain

March 31 – April 1, 2011

The Gaylord Resort and Convention Center

National Harbor, MD

The newest and most dangerous enemy facing the United States is not like any that we have seen before.

Our enemies come at us with sophisticated cyber intrusions and cyber attacks. Cyber security is more important now than ever before.

- **JOIN** AFA in exploring the emerging threat environment of cyberspace, featuring speakers from the Department of Defense, private sector, academia, federal government and military.
- **SEE** some of the latest innovations in cyber technology at the Expo.
- **WITNESS** the finals of the nation's largest and fastest growing high school cyber defense competition CyberPatriot.
- **Be sure to visit the Recruit Military Opportunity Expo April 1 from 11am-3pm.**



# Disarray in the Trenches

Confusion among Libyan rebels could result in a stalemate with Gadhafi's forces

Zwitina, Libya

Libya's rebels scrambled to try to exploit international strikes on Moammar Gadhafi's forces and go on the offensive, as some of the opposition's ragtag citizen-fighters charged ahead to fight troops besieging a rebel city Monday. But the rebellion's more organized military units were still not ready, and the opposition disarray underscored U.S. warnings that a long stalemate could emerge.

The air campaign by U.S. and European militaries has unquestionably rearranged the map in Libya and rescued rebels from the immediate threat they faced only days ago of being crushed under a powerful advance by Gadhafi's forces. The first round of airstrikes smashed a column of regime tanks that had been moving on the rebel capital of Benghazi in the east.

On Monday night, Libyan state TV said a new round of strikes had begun in the capital, Tripoli, marking the third night of bombardment. But while the airstrikes can stop Gadhafi's troops from attacking rebel cities — in line with the U.N. mandate to protect civilians — the United States, at least, appeared deeply reluctant to go beyond that toward actively helping the rebel cause to oust the Libyan leader.

President Obama said Monday that “it is U.S. policy that Gadhafi has to go.” But, he said, the international air campaign has a more limited goal: to protect civilians.

In Washington, the American general running the assault said there is no attempt to provide air cover for rebel operations. Gen. Carter Ham said Gadhafi might cling to power once the bombardment finishes, setting up a stalemate between his side and the rebels, with allied nations enforcing a



## U.S. Set to Step Back

While insisting that the U.S. favors the ouster of Libyan leader Moammar Gadhafi, President Obama said on Monday the U.S. would transfer leadership of the military operation to other, unnamed participants within a “matter of days, not weeks.” (AP)

## Reporters Released

Reporter Anthony Shadid; photographers Tyler Hicks and Lynsey Addario; and videographer Stephen Farrell, the four New York Times journalists who were held captive in Libya for six days, were freed Monday and crossed the border into Tunisia. (AP)

## Test of Wills

So far, allied bombardment has concentrated on knocking out Libyan air defenses, but a significant test of international intentions will be whether the strikes by ship-fired cruise missiles and warplanes will try to break the sieges of Ajdabiya and Misrata by targeting pro-Gadhafi troops surrounding them. (AP)



Libyan rebels duck for cover behind a sand dune during a failed attempt to take the town of Ajdabiya from Gadhafi's forces on Monday.



**“You see, Gadhafi himself, we are able to target him, and we would like to have him alive to face the international or the Libyan court for his crime. ... We don't like to kill anybody ... even Gadhafi himself.”**

— ALI ZEIDAN, AN ENVOY TO EUROPE FROM THE OPPOSITION-CREATED GOVERNING COUNCIL IN LIBYA, SAYING THE WARRING REBELS PREFER TO HAVE GADHAFI FACE CHARGES.

no-fly zone to ensure he cannot attack civilians.

Henri Guaino, a top adviser to the French president, said the allied effort would last “awhile yet.”

Among the rebels, too, there was a realization that fighting could be drawn out. Mohammed Abdul-Mullah, a 38-year-old civil engineer from Benghazi who was fighting with the rebel force, said government troops stopped all resistance after the international campaign began.

“The balance has changed a lot,” he said. “But pro-Gadhafi forces are still strong. They are a professional military, and they have good equipment. Ninety percent of us rebels are civilians, while Gadhafi's people are professional fighters.”

Disorganization among the rebels could also hamper their attempts to exploit the turn of events. Since the uprising began, the opposition has been made up of disparate groups even as it took control of the entire east

of the country.

Regular citizens — residents of the “liberated” areas — took up arms and formed a ragtag, highly enthusiastic but highly undisciplined force that in the past weeks has charged ahead to fight Gadhafi forces, only to be beaten back by superior firepower. Regular army units that joined the rebellion have proved stronger, more organized fighters, but only a few units have joined the battles while many have stayed behind as officers struggle to get together often antiquated, limited equipment and form a coordinated force.

Meanwhile, a “political leadership” has formed, made up of former members of Gadhafi's regime who defected along with prominent local figures in the east, such as lawyers and doctors. The impromptu nature of their leadership has left some in the West — particularly in the United States — unclear about who the rebels are that the international campaign is protecting. RYAN LUCAS (AP)



# Metro to Lure Bike-to-Rail Riders

System hopes initiative will quintuple cyclists who park at stations

**Commuting**

With packs on their backs, reflective neon straps around their ankles and sometimes even headlamps, they are the proud few who brave traffic, rainstorms and thieves to bicycle to Metrorail stations.

Bike-to-rail commuters represent 0.7 percent of Metrorail riders — compared with about 40 percent who drive, 33 percent who walk and 22 percent who take the bus to stations.

But Metro's long-range planners, desperate to avoid having to build 30,000 to 40,000 expensive parking spaces at stations to meet the projected surge in ridership over the next 20 years, have launched an initiative to quintuple the number of cyclists.

"It's very much strategic for us to put a really big focus on bicycle parking," said Kristin Haldeman, Metro's manager of access planning. Parking spaces cost on average \$25,000 each, compared with \$1,000 per space for a secured bike cage. "It's an extremely expensive proposition for us" to expand car parking, she said.

More than 90 cyclists park and



JAH/CHIKENDU/TWP

**Mike Vandervan, a bike-to-rail commuter, preps to ride home from the Vienna stop.**

ride each weekday morning at East Falls Church, which has the highest number of bike-to-rail commuters of Metro's 86 rail stations.

The Medical Center station in Bethesda attracts the most bike rid-

ers in Maryland and is the top station in the transit system in the percentage of peak-period riders who cycle to the station — 7.1 percent.

In the District, the Woodley Park-Zoo/Adams Morgan station is the most popular with cyclists, drawing 61 during weekday morning peak periods.

Metro has 1,700 free racks, which can hold two bicycles each, and 1,270 key-operated lockers that rent for \$200 a year. New racks are planned for high-ridership stations such as East Falls Church, Vienna, Braddock Road, Bethesda, Silver Spring, West Hyattsville and Columbia Heights. **ANN SCOTT TYSON (THE WASHINGTON POST)**

**METRO PULSE**



**How should The Washington Post refer to the Redskins?**

"Why don't we call them the Washington Nomads? They come here as superstars and then they don't play well."

**Roy Johnson**  
BENNING ROAD

 **BE HEARD: SHARE YOUR OPINION AT EXPRESSNIGHTOUT.COM/DCRIDER**

## FOR LESS THAN A MOVIE TICKET, YOU CAN BE A STAR AT BOWL AMERICA— BOWL ALL NIGHT LONG\* FOR ONLY \$9.99\*!



**WHERE THOUSANDS CHEER**  
[www.bowlingparty.com](http://www.bowlingparty.com)

Only at Bowl America can you bowl as many games as you want for only \$9.99\* every Sunday–Thursday from 9 p.m. to closing. It's cheaper than a movie ticket, and it's sure to make you feel like a star, at any of the 10 Bowl America centers.

**Bowl America Bull Run**  
10641 Balls Ford Road  
Manassas, VA  
703-368-6256

**Bowl America Burke**  
5615 Guinea Road  
Burke, VA  
703-425-9303

**Bowl America Chantilly**  
4525 Stonecroft Blvd.  
Chantilly, VA  
703-830-2695

**Bowl America Dranesville**  
46940 Woodson Drive  
Sterling, VA  
703-430-1350

**Bowl America Fairfax**  
9699 Lee Highway  
Fairfax, VA  
703-273-7700

**Bowl America Falls Church**  
140 S. Maple Avenue  
Falls Church, VA  
703-534-1370

**Bowl America Gaithersburg**  
1101 Clopper Road  
Gaithersburg, MD  
301-330-5200

**Bowl America Manassas**  
9000 Mathis Avenue  
Manassas, VA  
703-368-2161

**Bowl America Shirley**  
6450 Edsall Road  
Alexandria, VA  
703-354-3300

**Bowl America Woodbridge**  
13409 Occoquan Road  
Woodbridge, VA  
703-494-9191

\*\$9.99 pricing is per person and does not include shoe rental. Offer good Sunday-Thursday only from 9 p.m. until closing, which varies by location. Offer not good for league or tournament play and cannot be combined with other offers. Offer subject to change at any time.



## Local

# A Cover-Up in 90 Minutes

Md. prosecutor says Lululemon suspect plotted in victim's car

Bethesda, Md.

For 90 minutes, authorities say, Brittany Norwood sat inside her victim's parked car, concocting a plan to cover up the horrendous crime scene she had just created inside a nearby yoga store.

Her colleague, Jayna Murray, lay dead, killed by items that Norwood allegedly retrieved from a tool box inside Bethesda's Lululemon Athletica shop. There was a ligature around Murray's neck. There was blood everywhere. People would know the two had worked together that night.

The plan that Norwood formed — as detailed in an open court Monday by Montgomery County's top prosecutor — involved planted evidence, phony injuries and a "pathological" series fabrications told by the hundreds.

"Her cunning and her ability to lie is almost unparalleled," John McCarthy told District Judge Gary Everngam, arguing that Norwood,



Montgomery County Police Chief J. Thomas Manger speaks about the Lululemon case.

**"Her cunning and her ability to lie is almost unparalleled."**

— JOHN MCCARTHY, STATE'S ATTORNEY

28, should be held in jail without bail until her trial.

McCarthy said the assault erupted inside the store the night of March 11 a short time after Murray had discovered stolen store merchandise inside Norwood's bag.

Norwood attacked Murray for

as long as 20 minutes and struck so many blows in the same exact spots that the total number of wounds is difficult to add up, the prosecutor added.

"The nature of this crime is shocking in terms of the level of violence," McCarthy told the judge. "The majority of the blows were directed at her head. Her skull was crushed during the attack."

Everngam agreed to hold Norwood without bond. No trial date has been set. **DAN MORSE AND DANA HEDGPETH (THE WASHINGTON POST)**



**Power Play:** D.C. Council member Mary Cheh is seeking subpoena power as part of her probe into Mayor Vincent Gray's hiring practices. Cheh chairs the Committee on Government Operations and the Environment, which is looking into allegations that Gray has engaged in cronyism and nepotism. Cheh has called witnesses who no longer work for the D.C. government and says that she may need subpoena power to compel them to appear. (AP)

## LIPOSUCTION-TUMMYTUCK.com

UNWANTED FAT REMOVED PERMANENTLY!

0 DOWN 0 INTEREST 100% FINANCING • IMAGINE WHAT WE CAN DO FOR YOU! • GOVERNMENT & MILITARY DISCOUNTS AVAILABLE



Free Diet Management & B12 Shots • Comfortable & Quick Recovery  
• Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Laser Liposuction/Tumescent • Local Anesthesia or I.V. Sedation or General • Guaranteed Financing and Payment Plans Available

202.452.1332 24th & I St., NW (Foggy Bottom Metro)  
703.533.1025 Tyson's Corner  
703.465.0666 Alexandria  
301.738.6766 Bethesda  
410.730.7226 Columbia/Baltimore

**SPECIAL  
ENDS  
SOON!**

**vita**  
SURGICAL GROUP  
WWW.VITASURGICAL.COM

DC • FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

GW SCHOOL OF ENGINEERING  
AND APPLIED SCIENCE

## MOTION SCIENCE: GIVING SWIMMERS A COMPETITIVE EDGE

Graduate Programs in  
Computer Science

Join us at the forefront of research that gives even our greatest athletes the opportunity to aim higher.

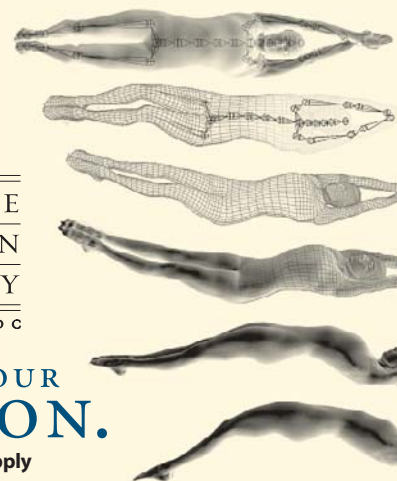
Give yourself a competitive edge with our customized graduate programs in engineering, engineering management, and computer science that are designed to meet the needs of working professionals.

Join us at one of our Spring Open Houses to learn more.

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON DC

BRING US YOUR  
AMBITION.

[www.gwu.edu/gradapply](http://www.gwu.edu/gradapply)



G42185 THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/  
AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.



He'd love to snap  
up your 35mm camera.

Sell your stuff in Express.

Place your Classified ad today.  
202-334-6200.

**express**  
A Publication of the The Washington Post

[expressnightout.com](http://expressnightout.com)

Classified ads appear in Express and The Washington Post.

xx179 2x3.5

GW SCHOOL OF BUSINESS

MASTER OF SCIENCE IN

INFORMATION  
SYSTEMS  
TECHNOLOGY

Some technologies change the world. GW MSIST graduates are proficient in both current technologies and those that will be important in the future.



The MSIST program is available at GW's Main Campus in Washington, DC and at the Virginia Science and Technology Campus in Ashburn, VA.

Information Sessions

Wednesday, March 23 – 6:30 pm

Duquès Hall, 6th Floor  
2201 G Street, NW  
Washington, DC

Thursday, April 14 – 6:30 pm

Enterprise Hall  
44983 Knoll Square  
Ashburn, VA 20147

703.726.8330

msist@gwu.edu • www.business.gwu.edu/msist

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON DC

BRING US YOUR  
AMBITION.

www.gwu.edu/gradapply



Local



Milton McCoy stands inside the Takoma Theatre in D.C., which he's owned since 1983.

Fight for Takoma Theatre  
Pits Art Against Housing

Washington

In the dark, dank lobby of the shuttered Takoma Theatre, Milton McGinty ambled past moldy chairs and piles of paint flecks and pigeon feathers on the carpet.

"Birds do get in here," he said of the dilapidated D.C. building he owns near the Takoma Metro station. "The place is falling apart."

The Takoma is 88 years old. McGinty is 83. "And we're both in bad shape," he said with a laugh.

The ongoing Takoma Theatre saga is no comedy, though. It's an increasingly tense community drama about whether and how to save a landmark that has failed economically, with a plot that pits development against preservation.

McGinty, who wants to build apartments where the abandoned theater stands, stars opposite Loretta Neumann, who wants to save the old movie house and recast it as a nonprofit arts and culture center.

"It's an icon of the neighborhood and an important historical place," Neumann said.

**\$325K**

The amount McGinty bought the property for in 1983. He says the land is now worth \$3.4 million "without the theater."

She started the Takoma Theatre Conservancy in 2007 after learning of McGinty's proposal to raze the Takoma, which was built in 1923 and was among the first theaters in the region to show films with sound.

Neumann accused McGinty of "demolition by neglect."

The District has rejected all of McGinty's applications to raze the building, along with his appeals.

"It's not worth keeping up," McGinty said. "It's a piece of junk. I've had to abandon it." J. FREEDOM

DU LAC (THE WASHINGTON POST)

The Lotteries

Monday, March 21

District

Mid-day Lucky Numbers	9-2-7
Evening Lucky Numbers (Sun.)	2-0-8
Mid-day DC 4	2-3-6-9
Evening DC 4 (Sun.)	7-8-5-0
Mid-day D.C. Five	9-6-2-0-7
Evening D.C. Five (Sun.)	6-4-3-7-5

Maryland

Mid-day Pick 3	5-7-7
Evening Pick 3 (Sun.)	1-9-5
Mid-day Pick 4	6-6-4-2
Evening Pick 4 (Sun.)	4-0-2-0
Match 5 (Sun.)	4-9-11-14-25 (36)

Virginia

Mid-day Pick 3	0-7-6
Evening Pick 3 (Sun.)	9-2-5
Mid-day Pick 4	0-4-6-5
Evening Pick 4 (Sun.)	6-7-2-6
Mid-day Cash 5 (Sun.)	2-3-16-20-24
Evening Cash 5 (Sun.)	3-8-10-27-29

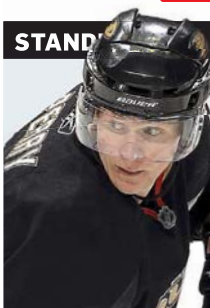
All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



# March Madness, NHL Style

**Upset that the NCAA Tournament won't resume until Thursday night?** It's OK; the NHL has its own brand of March Madness that's worth following. With less than 10 games in the regular season, the playoff races are picking up, and the games are becoming do-or-die affairs for many clubs. **REED S. ALBERS**

## Western Conference



Corey Perry's Ducks have 85 points so far.

- 1 Vancouver**  
103 POINTS
- 2 Detroit**  
94 POINTS
- 3 San Jose**  
92 POINTS
- 4 Phoenix**  
86 POINTS
- 5 Chicago**  
86 POINTS
- 6 Los Angeles**  
86 POINTS
- 7 Nashville**  
86 POINTS
- 8 Anaheim**  
85 POINTS

**BUBBLE TEAMS:**  
Dallas (85 points),  
Calgary (84 points)



Vancouver and Chicago may vie for the West's crown in the playoffs.

## Wild West

With **VANCOUVER** likely to take the West's top seed and win the Presidents' Trophy, the only real race left is at the bottom of the playoff standings. Only two points separate the No. 4 seed from elimination with seven teams in the hunt. **DALLAS** and **CALGARY** are the odd men out at the moment, but a losing skid by any contender could change that. There's even a chance the defending Stanley Cup Champs, the **CHICAGO BLACKHAWKS**, could miss out on the playoffs.

## Pacific Rising

The Pacific Division has a chance to send all five of its teams to the playoffs. **SAN JOSE** and **PHOENIX** will likely compete for the division's top spot, but **DALLAS** is the only member of the division currently on the outside looking in. There's also a chance that only three Pacific teams make the playoffs — **LOS ANGELES** could falter and join Dallas as a near-miss.

## Eastern Conference



Claude Giroux leads the Flyers against the Capitals on Tuesday in Philly.



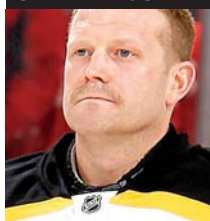
## Ovie's Out

Capitals captain Alex Ovechkin won't travel to Philadelphia for Tuesday's game against the Flyers, the team announced Monday. Ovechkin will miss approximately seven to 10 days to rest an undisclosed injury.

Coach Bruce Boudreau wouldn't divulge much about what is ailing Ovechkin but said the star player would probably be forced to sit out even if it was a playoff game.

"He's had some nagging injuries for a while now that have bothered him," the coach said Monday. "So we thought this would be the best time to get completely healed up so by the time he starts playing again, he'll be 100 percent healthy." (THE WASHINGTON POST)

## STANDINGS



Tim Thomas and Boston sit in third place.

- 1 Philadelphia**  
96 POINTS
- 2 Washington**  
94 POINTS
- 3 Boston**  
88 POINTS
- 4 Pittsburgh**  
90 POINTS
- 5 Tampa Bay**  
89 POINTS
- 6 Montreal**  
87 POINTS
- 7 N.Y. Rangers**  
82 POINTS
- 8 Buffalo**  
79 POINTS

**BUBBLE TEAMS:**  
Carolina (76 points),  
Toronto (74 points),  
New Jersey  
(72 points)

## The Capitals' Race For No. 1

For a brief moment last week — roughly 15 minutes — the **WASHINGTON CAPITALS** stood atop the Eastern Conference after their 4-2 victory over the Montreal Canadiens. Just after the win, the **PHILADELPHIA FLYERS** finished off the **FLORIDA PANTHERS** 3-2 to regain the conference's No. 1 seed.

For close to a month, the Flyers appeared to be untouchable at the top of the conference. But with the resurgence of the Capitals, the spot is up for grabs. While Tuesday's match won't allow the Capitals to completely overtake the Flyers, the game will be of the "four point" variety and may help decide the No. 1 seed in the coming weeks.

## The Last Two In

A flash glance at the last two spots in the Eastern Conference's playoff picture might look like a lost cause for any team ranked No. 9 to 11, but the **NEW YORK RANGERS** (82 points) and **BUFFALO SABRES** (79 points) have far from locked up the spots.

The **NEW JERSEY DEVILS**, riding a 7-3-0 record in their past 10 games, have resurrected their thought-to-be-dead season. **CAROLINA**, which has spent much of the season dancing between the No. 8 and No. 9 seeds, has faulted in its last 10 (4-5-1) but remains on the Sabres' heels.

Joining New Jersey in the long-shot category to make the playoffs are the **TORONTO MAPLE LEAFS**. At one point this season, the Maple Leafs were thought to be "competing" for a lottery pick, but eight wins in February and five wins in March have helped vault the Leafs near a playoff spot.



Swengali

Frustrating Times At Georgetown

Even before Georgetown's blow-out loss to Virginia Commonwealth was complete, one of my colleagues was on Facebook suggesting the Hoyas would be better off without coach John Thompson III.

The co-worker is a frustrated Georgetown fan — and for good reason. Last Friday's double-digit defeat was the second in two years to a double-digit seeded opponent in the NCAA Tournament's first round. And it's the third-straight time the Hoyas were bounced by a team seeded 10 or higher. Clearly, it's been downhill since a trip to the Final Four.

But is the coach to blame for the recent failures? Yes, to a certain extent. But Hoyas fans should hearken back to the Craig Esherick era to see how good they have it now.

Hoyas fans should hearken back to the Craig Esherick era to see how good they have it now.

Thompson clearly bet incorrectly on locals Chris Wright and Austin Freeman, who didn't win a NCAA Tournament game without Roy Hibbert and Jonathan Wallace — holdovers from the Final Four run — by their side.

Still, upsets are a big part of March Madness. It's also worth noting that Stephen Curry was making his star turn in leading Davidson's Goliath-sized upset three years ago, and VCU seems to have found magic this year.

Being in the wrong spot at the wrong time doesn't hold up as an excuse, though. March is the measure of success in college basketball. And Thompson should know his honeymoon period is now over.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Local Supremacy on the Line

Terps, Hoyas to clash in College Park with Sweet 16 spot at stake

Women's College Hoops

No disrespect to St. Francis (Pa.), of course, but the Maryland Terrapins were looking past their first-round opponent and still won easily.

It was too tempting to peek at the NCAA Tournament brackets and envision a second-round matchup that offered the opportunity to avenge one of its toughest losses and regain local supremacy in the process.

Fifth-seed Georgetown (23-10) held up its end, dumping Princeton on Sunday to set up Tuesday's matchup with fourth-seed Maryland (24-7) at College Park. The Hoyas defeated the Terrapins 53-45 in November at McDonough Arena for their first win in the nine meetings between the two programs. Georgetown won with a 10-0 run in the game's final 1:40.



Both the Maryland and Georgetown women won first-round games easily Sunday.



It was easily Maryland's lowest point total of the season and one of only three games in which the Terrapins scored fewer than 60 points.

"They got us in their spot, but they've got to come here now," Maryland junior Lynetta Kizer said. "I think we'll be ready to go."

Some things have changed in the five months since that game. Since then, the Hoyas have fallen 10 spots in the national rankings, landing at No. 21. Maryland climbed from No. 21 to No. 16.

But both teams still are young — there is but one senior between them. And both teams are coming

off of a convincing opening-round victory. Maryland beat St. Francis 70-48 behind 16 points from freshman Alyssa Thomas. Georgetown handled Princeton easily, 65-49. Sophomore Sugar Rodgers scored 26 to lead the Hoyas.



The winner could face top overall seed Connecticut, which drubbed Hartford on Sunday and faces No. 9 seed Purdue on Tuesday.

"It's tournament time, and they've [Maryland] gotten so much better since we've played them," said Georgetown coach Terri Williams-Flournoy. "It's really hard to look at a team and what they did in November because certain players step up and they run different offenses, so the only advantage that we have is we've played them before and our kids are confident because we did beat them the first time." DEREK TURNER

Harper Tweaks Ankle During Intrasquad Contest

The Nationals

Outfield mega-prospect Bryce Harper had to be removed on a cart from a minor league intrasquad game in Viera, Fla., after spraining his left ankle, according to a statement released by the Nationals on Monday. After an examination by the team's training staff, the team considers him "day-to-day."

Harper, the 18-year-old 2010 first overall pick widely regarded as the best prospect in baseball, also left a minor league game Saturday, a team source said. Harper's remov-



Bryce Harper hit .389 with five RBI in his stint with the Nationals this spring.

al from that game is not believed to be related to the left ankle injury he suffered Monday.

A Nationals spokesman said Monday that Harper was trying to beat out a ground ball when he stepped awkwardly on first base. He left the game immediately.

He was 7 for 18 (.389) with five RBI this spring before being optioned to Class A on March 12. Harper did not play minor league baseball this past summer but hit .343 in nine games for Scottsdale of the Arizona Fall League. (THE WASHINGTON POST/AP)



Pearl Sinks: Tennessee has fired Bruce Pearl after a season that saw the coach charged with unethical conduct for lying to NCAA investigators during a probe into recruiting, according to a person with knowledge of the decision. In six seasons, Pearl, 51, led the Volunteers to their first No. 1 ranking in 2008 and their first NCAA Tournament regional finals appearance, missing out on a trip to the 2010 Final Four by a single point. (AP)

TV Lineup

CAPITALS (7:30 P.M., VERSUS) The Capitals will be without Alex Ovechkin when visiting the Philadelphia Flyers. WIZARDS (10 P.M., CSN) The Wizards, fresh off a rare win, start a road trip out West against the Portland Trail Blazers. WOMEN'S COLLEGE HOOPS (7 P.M., ESPN AND ESPN2; 9 P.M., ESPN) Georgetown and Maryland play early on ESPN2, with the victor playing the winner of the Connecticut-Purdue game (on ESPN); then, West Virginia plays Baylor. PRO HOOPS (8 P.M., 10:30 P.M., TNT) The Chicago Bulls visit the Atlanta Hawks, and the Los Angeles Lakers host the Phoenix Suns. NIT HOOPS (9 P.M., ESPN) Colorado takes on Kent State in the NIT quarterfinals.



# express health directory

## Are you looking for an oral contraceptive regimen to replace your current birth control method?

James A. Simon, M.D., P.C., is currently conducting a research study using oral contraceptives and is recruiting female subjects who meet the following criteria:

- Age 18 to 40 years old and interested in contraception
- Non-pregnant, non-lactating, in general good health
- Have regular monthly menstrual cycles
- Non-smoking

### Benefits of participation may include the following:

- Access to study related procedures (i.e. physical exam, blood work) at no cost to you
- Study related medication at no cost to you
- Confidential, personalized care by a doctor and specialized team of study coordinators
- You may be compensated for your time and travel with each completed visit

### Contact James A. Simon, M.D., P.C., today to see if you are eligible!

1850 M Street, NW, Suite 450, Washington, DC, 20036

Please ask to speak with Alisha Lutat

(202) 293-1000

[alutat@jamesasimonmd.com](mailto:alutat@jamesasimonmd.com)

## Are you a menopausal woman and suffering from vaginal atrophy?

Are you bothered by one of the following symptoms: vaginal dryness, vaginal or vulvar irritation or itching or pain associated with sexual activity?

Then, you could participate in clinical trials sponsored by EndoCeutics which will last 3 or 12 months and consist of inserting a vaginal ovule containing DHEA or placebo daily. At each visit, you will have to undergo different tests.

If you are interested, you must:

1. Be between 40 and 75 years of age
2. Meet the other trial criteria.

Financial compensation will be provided.

For more information, please call:

**Alisha Lutat or Pat DeHof**  
**at 202-293-1000**

or email us at [alutat@jamesasimonmd.com](mailto:alutat@jamesasimonmd.com) or  
[pdehof@jamesasimonmd.com](mailto:pdehof@jamesasimonmd.com)

## Taking on major depression one step at a time

**Are you struggling with depression?**

**Have you taken an antidepressant but still feel low, lack interest in life, sleep badly, and feel tired every day?**

If the answer to these questions is yes, and you are a healthy adult (18-65 years of age), you may be eligible to join a major clinical research study looking at a new drug for depression.

For more information contact:

**Potomac Grove Clinical Research Center**  
8915 Shady Grove Ct.  
Gaithersburg, MD 20877  
Phone: 301-258-8858

THE  
Renaissance  
STUDY

## SUPPLEMENT YOUR INCOME!



If you are a healthy college or professional male between the ages of 18-39, then you can get paid to donate your sperm.

Help someone's

dream of a family come true!

**[www.123donate.com](http://www.123donate.com)**

## Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

**Both locations are accessible by  
MertoRail and Metro Ride-On.**

### FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:  
TOLL FREE: (888) 926-9211  
EMAIL: [donorinfo@lonza.com](mailto:donorinfo@lonza.com)

**Lonza**

AD BONE MARROW 03/07

## Psoriatic Arthritis

### It Interferes With Everyday Life

If you suffer from psoriatic arthritis, you may qualify to participate in a clinical research study.

Qualified participants will receive at no charge:

- Study related physical examinations by a board certified Rheumatologist
- Study related laboratory tests
- Investigational medication

THE CENTER

FOR

RHEUMATOLOGY

AND

BONE RESEARCH

**For information about  
participating,  
please call:  
(301) 942-6610  
[www.washingtonbone.com](http://www.washingtonbone.com)**

*Herbert S. B. Baraf, MD, FACP, FRCR  
BBoard Certified Rheumatologist  
Offices in Wheaton, MD*

*A Division of Arthritis and  
Rheumatism Associates, P.C.*



## For Advertising Please Contact

**[washingtonpost.com](http://washingtonpost.com)**

For Advertising Contact  
Danielle Gosnell  
202-334-5648  
[gosnell@washpost.com](mailto:gosnell@washpost.com)

 **Park your browser here.**

Concerts, movies, events,  
restaurants and more.

**express  
nightout**  
[expressnightout.com](http://expressnightout.com)

XX172 1x2

nine simple numbers

you learned by age 3

play **su | do | ku**

**express**

A Publication of the *The Washington Post*

**BOTOX \$199**  
**GUARANTEED RESULTS**



**SPECIAL  
ENDS  
SOON!**

LASER HAIR REMOVAL  
UPPERLIP/CHIN \$45  
LATISSE \$79  
RESTITYLANE \$350  
MINILIFT, RADIESSE  
JUVADEDERM & SCULPTURA



**vita**  
SURGICAL GROUP  
WWW.VITASURGICAL.COM

ALL PROCEDURES PERFORMED BY A PHYSICIAN  
202-452-1332 (24th & I, NW) • 301-738-6766 • 703-533-1025

**WeekendPass makes the weekend rock.**  
Every Thursday in Express.

**• Low Libido • Muscle Loss**  
**• Loss of Energy • Over 40**  
**• Tired • We Can Help**

**FOGGY BOTTOM CLINIC**  
24th & I, NW  
**foggybottomclinic.com**  
**202-463-5141**

**Get fit**

**Tuesdays in Express**  
A weekly section about how to look and feel and be your best.

**express**



**health directory**

**Allergies?**

**Volunteers (ages 6-11 years old) needed for an allergy research study of an investigational allergy nasal spray.**  
**Gordon D. Raphael, MD**  
**Principal Investigator**  
**FINANCIAL COMPENSATION OFFERED**  
**301-907-3476**  
**Bethesda, MD**  
**Free Parking** **Near Metro**



**Shy?**  
Participate in a 5 hour teen shyness evaluation for teens 14-17 and their parents.  
**Earn \$80 (\$40 parent/\$40 teen)**  
We will provide further testing referrals based on the evaluation results.  
Your teen may also be eligible to receive diagnostic testing at a future visit at no cost.  
**Contact us: caipumd@gmail.com or 301-405-4264!**

Conducted at the University of Maryland, College Park

**Online Research Study on Parenting**  
To participate go to:  
**https://www.surveymonkey.com/s/7NL7MDQ**  
To qualify, you must be an English parent of a 12-18 year old child who lives in your home.  
For more information contact Kimberly Speck at usuhsparentingstudy@gmail.com  
This research study is sponsored by the Uniformed Services University.

**Online Research Study on Parenting**  
To participate go to:  
**https://www.surveymonkey.com/s/7NL7MDQ**  
To qualify, you must be an English parent of a 12-18 year old child who lives in your home.  
For more information contact Kimberly Speck at usuhsparentingstudy@gmail.com  
This research study is sponsored by the Uniformed Services University.

Sports

Bonds' Fame a Concern

Prospective jurors admit biases in case against MLB great

Pro Baseball

Some love Barry Bonds so much they can't be impartial. Others already believe he's guilty. A mother worries about the effect sports doping would have on her impressionable children. And so the laborious process of selecting a jury began Monday in the criminal case of USA v. Bonds.

More than three years after the all-time home run leader was charged with lying to a grand jury when he denied knowingly using performance-enhancing drugs, his trial got under way in San Francisco federal court. The judge and lawyers were attempting to winnow about 100 prospective jurors



MARCIO JOSE SANCHEZ/AP

Home run king Barry Bonds arrives in federal court in San Francisco Monday.

into 12 jurors and four alternates for a case that could take up to four weeks.

"It's hard to make decisions about other people's lives," juror No. 9 told U.S. District Judge Susan Illston when asked whether he could be impartial. "It's the hardest thing we do," replied the judge, who has

sealed the prospective jurors' names until after the trial concludes.

One person was dismissed because of his allegiance to the San Francisco Giants. "I'm a Barry Bonds fan and I'm a huge SF Giants fan. It's my life. I don't know if I could judge Mr. Bonds after providing me with so much entertainment. It's an intimate relationship," prospective juror No. 22 wrote on a questionnaire.

Illston, who dismissed 38 prospective jurors with perceived biases, expects to have just enough people to fill the jury. Most of those who remained told the judge they could stay impartial, though several with strong impressions of the case still remained in the jury pool, taking direct questions from the judge

"I would be reluctant to render a judgment against a great athlete like Bonds," juror No. 24 told Illston. PAUL ELIAS (AP)



Metro looks better without the litter.

Read. Ride. Recycle.

Please recycle this paper.



XX640 1x5 a

**MASTER'S PROGRAMS**  
**Open House**  
Wednesday, March 23, 6:30 p.m.  
3351 Fairfax Drive  
Room 126, Arlington



- Innovative Programs
- World-Class Faculty

- Convenient D.C. Area Location
- Affordable Costs

Offering master's programs in:

- Public Policy
- Peace Operations
- Health and Medical Policy
- International Commerce and Policy
- Organization Development and Knowledge Management
- Transportation Policy, Operations, and Logistics

To reserve your place at this session or to find out more about our programs, please visit [policy.gmu.edu/admissions](http://policy.gmu.edu/admissions).



**School of Public Policy**  
WHERE INNOVATION IS TRADITION



# fit



## Guinea Pig | Power Poses

When you're standing on a single leg in tree pose, pumping a biceps curl with one arm and performing a triceps extension with the other, you don't feel very Zen. But you're sure to feel sore afterward. And that seems to be the point of celeb instructor Kristin McGee's "Yoga Tone" (\$15, [Kristinmcgee.com](http://Kristinmcgee.com)). Twice, she takes you through a 15-minute weight circuit combined with yoga poses to force your core to work harder. It's a tad repetitive, but it's also effective.

# League of Their Own

Running with a team may boost motivation, help your social life and lead you to victory

## Exercise

Most of the folks who pin on bibs and head to the starting line of a 5K know one thing: They're not going to win. Top prizes always go to the elites, so the best the masses can hope for is a new personal record. And that seemed like a bummer to 31-year-old running coach Mike Hamberger of Woodley Park.

So, he's decided to change the way things are being run. Next month, he's launching the National Road Racing League (Nrrl.org), which is essentially a cross-country program for adults. Instead of entering a race on your own, you'll register with a group of pals, in the hopes that you're collectively faster than the other teams. "Stop competing against each other, and start competing with each other," Hamberger says.

At the end of the eight-race season, which stretches from April to October, the entire team will take home the glory — along with a cash prize and a four-foot-high trophy.

Calling it "National" is ambitious, especially since he's starting with just D.C. and Delaware this year. But Hamberger hopes to eventually get local leagues going across the country and invite all of the division winners to an annual championship.

The league motto is "It's about time," which refers not just to the scoring system, but also the fact that Washington boasts leagues for nearly every sport imaginable except the most popular one. "Running is usually considered an individual sport, but anyone who's been on a high school or college team knows how important the team aspect is," says Ray Pugsley, co-owner of Potomac River



**"Stop competing against each other, and start competing with each other."**

— MIKE HAMBERGER, FOUNDER OF THE NATIONAL ROAD RACING LEAGUE

## Just the FAQs

All runners in the D.C. area are welcome to participate. Men and women compete separately.

## 7-25

**Team size:** Although you can have up to 25 people on a team, only seven can be officially entered in each race. You must have at least five members finish each event.

## \$400

### Entry fee:

This can be split among members of the team in any way they choose. Runners also need to pay entry fees for each of the races, although NRRL is attempting to get discounts for league members.

### Scoring

**Points:** First place at a race is one point, and so forth. Teams will get their scores by tallying the points from their top five finishers. Each team gets one bye week.

## Race Schedule

**April 23:** Stop the Silence 8K  
**May 14:** 5th Annual Bulldog 5K  
**May 28:** Alexandria Running Festival 5K  
**June 4:** Chris Carter Memorial Twilight 5K  
**July 30:** Friends of the W&OD 10K  
**Sept. 18:** Kit's Miracle Mile (10K)  
**Oct. 2:** Run for the Parks 10K  
**Oct. 16:** Accumen Solutions' Race for a Cause 8K

Running ([Potomacriverrunning.com](http://Potomacriverrunning.com)), a chain of local specialty stores and a race management company.

Although his stores have an informal team for events — and several big races offer team competitions — it's not at the level Pugsley remembers from his school days. "They're usually one and done," he says. There's no continuity in who's on the teams, and there's no one keeping score over a series of races. That's why Potomac River Running will be fielding an NRRL team of its own.

To sell the idea to other groups, Hamberger's been jogging alongside just about every running club in the region, visiting stores and contacting track coaches to find their local alumni. Last Thursday at Vida Fitness, he answered questions from gym members looking to form a team and found a responsive crew.

Dan Hunt, 38, has been running regularly for the past 10 years and hopes signing up will force him to push harder. "It gives you a goal to work towards instead of just logging miles," he says. As for Guillermo Saenz, 38, the team promises to make his solitary hobby a more social one. "Normally, I go to a race 15 minutes before and then leave right after I stretch," he says.

Hamberger hopes the league fulfills both needs — motivation and socializing — while providing another athletic outlet. "If you don't want to play softball or kickball, start a running team," he says. Even if you don't get the trophy, you're guaranteed to be in the running. VICKY HALLETT (EXPRESS)

Mike Hamberger, pictured on the Mall, thinks running should become more of a team sport.



Eye Lasik.....\$299/per eye  
Acuvue Oasys.....\$24.30/bx  
1 Day Acuvue Moist 30pk.....\$20.40/bx  
Proclear 1 Day 90pk.....\$50.40  
Biofinity.....\$33/bx  
Contact Lens Fittings/Exam.....\$49.99

DMV  
OPTICAL  
& EYE  
SURGEONS

dmvoptical.com

202-464-5216 (24th & I, NW)  
301-738-0339 • 703-533-0025

SPECIAL  
ENDS  
SOON!



MOST  
INSURANCE  
ACCEPTED

vmclothiers

Custom Tailored  
Suits & Shirts

Express Specials  
4 Custom Shirts - \$199  
1 Suit & 2 Shirts - \$599

202.480.2210  
www.vmclothiers.com

YOU'RE 6 TREATMENTS AWAY FROM A BEAUTIFUL BODY

LOSE 3-9 INCHES  
IN 2 WEEKS!!!

ZERONA  
BODY SLIMMING LASER

WHAT IS ZERONA???

Call Us Today To Find Out...

202.547.0298

(financing always available)

For info Text "Zerona" to 41513

Wanda Dyson, M.D.

Change for Life Wellness and Aesthetics Center

650 Pennsylvania Avenue, SE, Suite 250, Washington, DC 20003

(One Block from the Eastern Market Metro)

Visit Our Website For Exclusive Video and More Details On How You Can Lose Inches TODAY!!!

CFLFACES.COM

unity yoga woods

FREE Introductory  
Yoga Classes

April 3-10

with Washington's  
Most Experienced  
Yoga Teachers

New Spring Session  
Begins April 11



Metro-Accessible Locations in  
Bethesda Woodley Park Ballston Tenleytown

301-656-8992 www.unitywoods.com

GET fit

Tuesdays in Express

A weekly section about how to look and feel and be your best.

express

A publication of The Washington Post

# baggagecheck

### A Good Reason To Complain

**Q** My girlfriend is totally miserable in her job. So at a work reception, I made a comment to her much-liked co-worker about how stressed and miserable things sounded. The woman didn't know what I was talking about and said things have been slow lately. Now my girlfriend is angry because she thinks I made it sound like she can't handle her job. But that's true! She complains all the time! I say if she doesn't want me to even talk about it, then she shouldn't be complaining about it all the time. **ANNOYED**

It sounds like there are two issues here masquerading as one. First, you feel like your girlfriend complains too much about her job and needs to buck up. Second, she feels like her venting should be kept private. Each of you, in theory, should be able to do your part to make this better. Have you been honest with her about your frustrations? She might see her complaining as a solution; perhaps it's a catharsis that she feels makes everything OK. You, however, see it as a symptom of a problem that needs to be fixed. Those are fundamentally at odds, but not if you can find a way to meet in the middle.

### What Happened in Vegas?

**Q** My boyfriend went to a bachelor party in Vegas three weeks ago, and something just seems off. I try to be trusting, but he spent way more money than he said he would, and he hasn't wanted to hang out around his friends in my presence ever since. We've talked about getting engaged, but I'm worried that something shady that could jeopardize our relationship went on. How can I talk to him about it without sounding like a nag? **TROUBLED GIRLFRIEND, VA**

Make no mistake: Secret suspicions and stress themselves are jeopardizing your relationship — before any evidence of a lap dance gone sour enters into the equation. Marriage brings challenges scarier than this, so consider this conversation practice.

Tell him you love him and that you value openness and trust, and

that you feel like he hasn't been himself since he arrived back. Explain that you've been concerned not only about that, but that you're finding it hard to express your worries without sounding like a nag. Will it be fun, and is there a guarantee that he'll be honest? Certainly not, but you have to start somewhere.



By Dr. Andrea Bonior

@

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Crazy Week

Clear your schedule, and then clear it some more, because it's both DC Fit Week (through Friday; Dcfitweek.com) and SpaFinder Wellness Week (through Sunday; Bit.ly/spas4DC). The former is a chance to sample free classes in the region and download coupons for other exercise deals. The latter lets you book everything from massage treatments to boot camp membership packages at either half off or at a flat \$50 rate.



# 5 Ab-Exercise Upgrades

These new spins on old ab workouts work you harder, so you can build muscle faster, says strength specialist Jim Smith.

## Around-the-World Plank

**Replaces:** Plank

**How to do it:** Place both feet on a bench, and assume a push-up position. Then, without dropping your hips or moving your feet, make a full revolution around the bench by “walking” your hands all the way around it. Do four revolutions, resting 60 seconds between each.

**Benefit:** The stabilizing muscles in your abs, upper and lower back, and shoulders work harder than they would in a traditional plank.

## Anti-Rotation Crunch

**Replaces:** Crunch

**How to do it:** Attach a rope to the low pulley of a cable station and lie on your back alongside the stack. With both hands, hold the rope in front of your chest. Perform a crunch, arms locked and don't let your torso rotate (even though the cable pulls you sideways). Pause, and return to the starting position. Do 15 reps, switch sides and repeat. That's one set. Do another set of 12 and a final set of 10. Rest 45 seconds between sets.

**Benefit:** You're boosting the intensity and efficiency of a traditional crunch, and your abs have to work harder to prevent rotation.

## Side Plank With Low-Cable Row

**Replaces:** Side plank

**How to do it:** Attach a handle to the low pulley of a cable station and lie on your side, facing the stack. Grab the handle with your top hand. Raise up into a side plank: knees straight, upper body propped on your elbow and forearm. Pull the handle to your rib cage; keep your hips pushed up and forward. Slowly extend your arm. Do 10 to 15 reps, switch sides and repeat. Do two more sets,

resting 60 seconds between sets.

**Benefit:** By engaging your lats, you increase torso stability and muscle endurance.

## Back Extension With Alternating Dumbbell Row

**Replaces:** Back extension

**How to do it:** Holding a dumbbell in each hand, position yourself in a back-extension machine so your torso is parallel to the floor. Without rounding your back, row the dumbbell in your right hand toward your rib cage. Lower, then repeat on the left. That's one rep. Do three sets of eight reps, resting 60 seconds between sets.

**Benefit:** As your entire body works to stabilize your spine, you're hitting often-neglected muscles: spinal erectors, glutes and hamstrings.

## Medicine-Ball Pike

**Replaces:** Swiss-ball pike

**How to do it:** Assume a push-up position with your feet on a medicine ball. Without bending your knees, roll the medicine ball toward your hands by raising your hips as high as you can and rolling the ball with your feet. Pause, and reverse back to the starting position without letting your hips sag. Complete three sets of 15 reps, resting 45 seconds between sets.

**Benefit:** You improve balance and engage your hip flexors and rectus abdominis — your six-pack muscles. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Basic, boring crunches aren't going to sculpt a six-pack like the one this guy is sporting.



## Hotel Gym Built to Be Army Strong

### Facilities

The Renaissance Arlington Capital View Hotel (2800 S. Potomac Ave., Arlington; 703-413-1300, Marriott.com), which opened two weeks ago in Crystal City, is designed around the theme of motion. Sculptures spin in the lobby, photos of dancers line the hallways, and, with Reagan National Airport less than a mile away, guests are bound to see planes soaring by. But what's most likely to inspire them to get moving is the fitness center.

At 2,000 square feet — or 3,000, if you include the indoor martini-shaker shaped pool — it dwarfs most other hotel gyms. “Nor-

mally, it's all squished together,” says Denise Durgin, director of sales and marketing for the property. She can't help but think about how much space there is to do walking lunges in the open weight area, surrounded by a whopping 14 pieces of strength training equipment, racks of free weights, medicine balls, Bosu balls, mats and other accessories.

The cardio equipment is lined up along a wall of windows, so if you're on one of the eight treadmills, five ellipticals or three bikes, you can gaze out at the green roof and patio. (Or at the TV attached to each piece of equipment, all of which is top-of-the-line Precor.)

Why focus on making such a fab fitness cen-

ter? To lure in military guests with business at the Pentagon, explains Durgin, noting it's available to folks staying at both the Renaissance and the extended-stay Residence Inn next door. “This is a priority for them, and when they see it, their faces light up,” she says.

So, naturally, last Tuesday morning, the two guys in there working up a sweat were 28-year-old Jeff Grigsby and 31-year-old Benson Elmore, who work for the Navy and Air Force, respectively. “This is way above every other gym here,” says Grigsby, who estimates he's stayed at 25 D.C.-area hotels.

And it's not even crowded — yet. VICKY HALLETT (EXPRESS)



COURTESY MARRIOTT

With eight treadmills, there may never be a wait at this new Arlington hotel gym.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**JOIN NOW  
FOR \$0  
ENROLLMENT  
FEES** **SPRING INTO HEALTHY  
LIVING AT YOUR LOCAL Y.**



### DISCOVER YOUR NEW Y

Enjoy great facilities, new equipment and motivating programs:

- State of the art cardio equipment featuring iPod functionality
- Free weights and circuit weights
- A wide variety of group fitness classes for all fitness levels
- Personal and Group Training
- Indoor and outdoor pools open year-round

Learn something new, keep your workout routine fresh & meet new people:

- Basketball, Tennis, Squash and Racquetball courts available
- Rock climbing walls available

Join a neighborhood Y community that is fit for the whole family:

- Child watch service available while you workout
- Healthy programs for kids, tweens and teens
- Discounted summer camp registration for members
- Senior programs available

**YMCA OF METROPOLITAN WASHINGTON**  
Learn more about the NEW Y at [www.ymcadc.org](http://www.ymcadc.org)

### YOUR NEIGHBORHOOD Y \*

In DC **YMCA National Capital**

In VA **YMCA Arlington**  
**YMCA Fairfax County Reston**  
**YMCA Alexandria**

In MD **YMCA Potomac Overlook**  
**YMCA Silver Spring**  
**YMCA Bethesda-Chevy Chase**

■ Programs and facilities vary at each location. Our doors are open to all, regardless of ability to pay. Financial assistance is available. The zero enrollment fee offer expires on March 31, 2011.

\* Must be local resident, and at least 18 years old. Guests are limited to one pass redemption during any six-month period. Offer valid at YMCA of Metropolitan Washington branches only.



Fan us on FACEBOOK

For a **FREE 3-DAY  
GUEST PASS** to your local Y,  
call 800-473-YMCA or visit  
[www.ymcadc.org](http://www.ymcadc.org) \*

**fit looks**



Dab on some of this marshmallowy cream to treat your baby's diaper rash.

## The Cure For Baby Boo-Boos

### Skin Care

Sara Demelio's popular Combat-Ready Balm promises to make even soldiers' skin as soft as a baby's bottom.

So what can it do for an actual baby's bottom?

The Silver Spring resident and owner of Skincando (Skincando.com) had heard from moms who used the product to treat diaper rash and eczema, so she decided to make a formula just for little ones: Combat-Ready Balm, Magic Organic Potion for Babies and Kids (\$25 for 2 ounces).

She replaced black tea with chamomile in the mixture because of its skin-calming properties and decreased caffeine content. Otherwise, "it's the same formula that works, just tweaked a little bit," Demelio says.

The marshmallowy cream — made with coconut and apricot kernel oils; French lavender; and beeswax — turns to barely there oil on the skin.

"It's a go-to cream for every kind of itchy, ouchie, scratchy in the family," Demelio says.

Plus, it doesn't sting when applied to open wounds, because the lavender temporarily numbs. So you may even want to baby yourself. **STEPHANIE KANOWITZ**



Reach  
over  
**300,000**  
readers  
daily

**express**  
**marketplace**

▶ **JOBS • RENTALS •  
HOUSES • WHEELS  
• STUFF • AND MUCH  
MORE...**

To place a classified, call  
**202-334-6200.**

To advertise a job, call  
**202-334-4100.**

Credit cards accepted.



XX653 1x10.5

## JOBS

### ACCOUNT EXECUTIVE Clipper Magazine A GANNETT COMPANY

The premier full color direct mail magazine in America is seeking qualified Account Executives for Montgomery County and Northern VA. Advertising sales experience a bonus but not required. We are seeking self-motivated, hard working, positive energy, team oriented people. We offer salary plus commission; paid training, mileage and expenses, health insurance; 401k along with paid vacations. Visit our website at [www.clippermagazine.com](http://www.clippermagazine.com) Email resumes Lee Kramer, Regional Sales Mgr [Lee.kramer@clippermagazine.com](mailto:Lee.kramer@clippermagazine.com)

### AUTOMOTIVE

Due to recent expansion in our import division we are in need of the following positions:  
**Internet Sales Manager, Internet Sales Consultant, Social Media Marketing Manager, F & I manager**  
If you have a proven track record and are CSI minded please send resume to [autojobsdc@gmail.com](mailto:autojobsdc@gmail.com)

### Auto

### TECHNICIAN

Busy shop in Vienna, VA looking for European car technician able to work without assistance. Must have diagnostic skills. FT, great pay/benefits.

Phone 703-281-5606  
Fax resume 703-319-1618

### BOOKKEEPER

Needed for small restaurant hotel. Good Benefits. Free Parking. DC Location. Experience nec. Send resume to: [rmenendezmorales@gmail.com](mailto:rmenendezmorales@gmail.com) EOE

### CLAIMS AND REIMBURSEMENT OFFICE MANAGER

visit our website [www.hillcrest-dc.org](http://www.hillcrest-dc.org)

### CLINICAL DIRECTOR FOR CHILDREN SERVICES, LICSW: LPCC

visit our website [www.hillcrest-dc.org](http://www.hillcrest-dc.org)

### CLUB PROMOTERS

For **X4B Luxury Club**. Free nights available. For consideration, must have your own promotional team and entertainers. Leave experience and detailed information at 240-522-1950.

### CONSTRUCTION

### CARPENTER

W.M. SCHLOSSER IS IN SEARCH OF AN EXPERIENCED CARPENTER/ SKILLED LABORER. Must be a U.S. Citizen, pass pre-employment drug testing and a background investigation.

Candidates may call 240-455-1456  
W.M. SCHLOSSER COMPANY, INC. EOE

### COST ESTIMATOR

See full posting online at  
[www.washingtonpost.com](http://www.washingtonpost.com)

### Customer Relations Position

PT/FT - No Exp. Required  
Training Provided  
Mgmt Opportunities  
Call Today, Start Tomorrow!  
Call us now: 202-446-1695

### Customer Service

Money Music & Fun. No experience  
301-577-7806

### DIESEL TRUCK TECHNICIANS

Well established company seeking experienced diesel truck technician with experience in International, Detroit, CAT, and Cummins. Experience in Allison transmissions is a plus. Certification in brake systems and having a CDL is also a plus. Company offers a full benefit package.

Please email resume to  
[gtrainum@wbdiesel.com](mailto:gtrainum@wbdiesel.com)

**DRIVER:** Experienced CDL Dump Truck.  
Forestville, MD \$17/hour.  
Call 301-399-1111 or 301-399-3387

### EDUCATION



**Recruitment  
Open House**  
Saturday 03/26/11  
10:00am-1:00pm

Community Academy Public Charter School

Amos 3 Campus - 1st floor  
Multipurpose Room  
1400 First Street, NW, Washington, DC 20001

Make sure to bring copies of your resume, transcripts, Praxis scores, credentials, certificates, letters of recommendation, etc.

All applications for all positions (Teachers, Paraprofessionals, Counselors, Speciality Teachers, etc.) will be available.

For additional information, please visit  
[www.capcs.org](http://www.capcs.org)

## JOBS

### Education



### JOB FAIRS for Early Childhood Teachers Opening a New Center in Fairfax

**Location of Job Fairs:**  
Bright Horizons at Crystal City  
2451 Crystal Drive, Suite 100  
Arlington, Virginia 22202

**Saturday, March 12, 2011 • 9 am - 12 Noon**  
**Tuesday, March 22, 2011 • 3 pm - 6 pm**  
**Wednesday, March 23, 2011 • 3 pm - 6 pm**  
**Thursday, March 24, 2011 • 3pm - 6 pm**

Teachers must have an AA or BA with at least 15 college ECE credits and 2 years experience.

Apply on-line at  
[brighthouse.com/careers](http://brighthouse.com/careers)

Bright Horizons is an Affirmative Action Employer, committed to diversity in our workplace.

### ENGINEERING

### Commercial Building Engineer

We currently have an opportunity available for an experienced Commercial Building Engineer to work at our properties in Arlington VA. Seeking qualified individual to operate and maintain commercial office buildings. Experience with pneumatic and DDC controls, electrical, plumbing and general maintenance required. Background check required EEO. Gates Hudson provides a competitive comprehensive benefits plan.

If you meet or exceed the job requirements for this position, please email your resume and salary history to [resumes@gateshudson.com](mailto:resumes@gateshudson.com)

### ENGINEERING

### Bldg Engineer / Maintenance

Tyson's Corner area office Bldgs, HVAC/Electric/Plumbing. Min 5 yrs experience.  
Fax resume to J.R. @ 703-893-6630.  
Email to [jraltavena@gosnell.com](mailto:jraltavena@gosnell.com)

### GENERATOR TECHNICIAN

Well established company seeking qualified generator service technicians. Experience in Detroit/MTU On-Site Energy, Onan, Kohler, Spectrum, CAT, and Cummins. Experience is a must. Experience in switchgear and controls a plus. Company offers a full benefit package.

Please e-mail resume to  
[gtrainum@wbdiesel.com](mailto:gtrainum@wbdiesel.com)

### HVAC

HVAC service techs and installers needed for fastest growing HVAC company in Northern Virginia and Maryland. Experience in Residential and Light Commercial **Potential for 80k plus** Company Vehicle, start from home. Great benefits. Must have a good driving record. We are a drug free company and do background checks.  
ONLY THE BEST NEED APPLY.  
Please send resume to [jobs@myplumber.com](mailto:jobs@myplumber.com)

### IT

Comptel Inc. seeks **Network Engineers** (3 positions). BS degree in Comp/Eng related & 5 yrs exp.:

- (1) Telecom protocols & testing, automation, VoIP, SIP systems architecture & network entity, Wire-shark, JAVA, Perl, MySQL, WSDL, XML, SOAP.
  - (2) VoIP Telecom Network, Data Communications, Network Test Engineering, Automation & Test Management Tools, QA Testing & Validation, Cisco Routers/ Switches, Load Performance, Benchmarking Analysis, TCL/tk, Perl/Python, QTP, C++, JAVA.
  - (3) VoIP protocols (SIP/MGCP/H.323), SS7, ISDN, CAS, IPV6, L2/L3 protocols, Silk Test, TCL, C, OOAD, Testing tools (Hammer, Abacus, Ameritech, SIPP), IP Packet Captures, SNMP concepts, Windows, Linux, Version Control tool, Agile Methodology.
- Travel/Relocation.  
Resumes to: **Comptel Inc.,**  
2114 Tysons Executive Ct.,  
Dunn Loring, VA 22027

## JOBS

### HEALTHCARE

### Business Operations Coordinator- Physician Practices

Augusta Health currently has the following 2 openings for Business Operations Coordinator:

- Supervisory responsibility for Weyer's Cave Urgent Care and 2 Convenient Care Clinics
- Supervisory responsibility for Augusta Pain Management Clinic

This position will supervise staff performing revenue cycle activities for pre-registration, registration, charge capture, point of service payments, insurance verification, financial counseling, appointment scheduling, check-in/out, health information management, JCAHO compliance, optimization of physician schedules, excellence in customer service and quality monitoring for multiple physician practices. Analyzes revenue-related information to identify trends and takes action to maintain or improve revenue performance, reduce no-shows, improve customer service scores, etc. Leads improvement efforts in front end processes. Proactively manages front office operations to support accessible, customer-friendly patient care and services in a safe environment at Augusta Medical Group. 2 year degree required, 4 yr degree preferred. 2 years supervisory experience in urgent care or physician's practice required. Must have working knowledge of Microsoft applications with proficiency in Microsoft Excel. Demonstrated multi-tasking skills. Excellent communication and presentation skills, both verbal and written necessary. Ability to collect, analyze and apply data and other practice information; prepare and present written and oral reports with recommendations. May require travel within Staunton, Augusta County and Waynesboro area as needed. Primarily daylight Mon-Friday; supervisory call evenings and weekends. Augusta Health is located only 30 minutes from Charlottesville, VA.

We offer salary commensurate with experience and a generous benefits package, which includes medical, dental, and life insurance, paid time off, 401k and tuition reimbursement.

Please apply online to  
[www.augustahealth.com](http://www.augustahealth.com)  
and send resume and cover letter  
with salary requirements to:  
[Employment@augustahealth.com](mailto:Employment@augustahealth.com)

Augusta Health  
Human Resources  
78 Medical Center Drive  
Fishersville, VA 22939

Augusta Health is an equal opportunity employer and service provider.

### LAW ENFORCEMENT

### Maryland Transportation Authority Police "Join the Ranks" Police Cadet Career Night

**Ages 17 to 20  
MARCH 25, 2011**

**5:30pm - 7:30pm**

On-site testing for applicants begins @ 7:30pm

For Registration and Qualification Information:  
[www.mdtapolicecrucruiting.com](http://www.mdtapolicecrucruiting.com)  
Or call: 1-877-890-8827 or 410-537-7641/42

MDTA Police Headquarters  
4330 Broening Highway  
Baltimore, MD 21222

The Maryland Transportation Authority is an Equal Opportunity Employer

### MEDIA

### TV HOST NEEDED

A weekly news show for a major Turkish channel targets topics on US-Turkish relations and other global issues. Turkish & English fluency is required.

Please submit headshots, resume, reels, to:  
[ads@batiyakasi.tv](mailto:ads@batiyakasi.tv)

### Medical Coding & Billing Trainees Needed Now!

Hospitals & Insurance Companies now hiring  
Med Coders & Billers.  
**No experience?**  
Local Job training &  
Placement Assistance is now available  
**1-888-834-2177**

## JOBS

### Part-time Summer Help

Private club in DC needs individual to help out for the months of June-August in various departments working with operational employees, focusing on basic operational duties and tasks, to include customer service. This individual will work with department managers in Human Resources, Accounting, Food & Beverage, and Club Secretary. Ideal position for summer intern with a major in Hospitality. Must be experienced in Microsoft Office Suite. Competitive wage and benefit package offered. EOE/Fax resumes w/salary requirements to 202-835-2569 or you may email to [tobs@metroclub.org](mailto:tobs@metroclub.org).

**SALES \$A sales pros dream! \$100k+  
w/ EZ 5 min sale! Big  
checks daily! 212-461-2506**

### SALES

### Outside Sales Rep & Team Leader \*We are prepared to pay HUGE Commission\*

You will appreciate the following:

- Training
- Team work
- Top Commissions
- Leadership
- Medical & Dental Benefits
- 401(k)

### GET PAID WHAT YOU'RE WORTH!

Call Patrick for interview appt:  
301-333-1812

### SALES

PT sales for major energy company  
12 per hour plus commission  
Hours 6pm to 10 pm  
Laurel, MD  
301-361-1111

### SECURITY OFFICERS

**25 IMMEDIATE OPENINGS.** Downtown DC. All shifts. Weekly pay, no experience necessary. Apply M-F, 9 am - 5 pm, CES Security, 8555 16th St, Ste 100, Silver Spring, MD. Call 301-608-8264.

### "StadiumClub's Own Personal Agent To The Stars"

InHouse Promoter: Seeking individual w/ large contact base of "High End Persons" to PROMOTE StadiumClubDC nightly & bring in the most ELITE of clientele!

Contact Gaetano 202-256-4292 /  
[guytano03@hotmail.com](mailto:guytano03@hotmail.com) Sales: **Salary neg**

### TELEMARKETING Inside Sales Professional

**Salary plus commission up to \$75K**  
Minimum 2 years sales experience. Laurel, MD.  
Please call 301-361-1111 or  
Send resume [scott@protocall.net](mailto:scott@protocall.net)

### NURSING

**FT Clinical Nurse Mgr & PT Home Care RNs**  
Est. pvt pay home care agency is seeking a FT Clinical Nurse Mgr & PT Home Care RNs to conduct assessments, med mgmt, and sup. visits in DC Metro area. Applicants must possess great communication & people skills. MD & DC RN lic, IV cert pref. Clinical Nurse Manager must have min 2 yrs mgmt exp, PT RN min 1 yr exp in skilled fac. Email resume and rate to [clai@capitalcitynurses.com](mailto:clai@capitalcitynurses.com)

### CAREER TRAINING

**Become a Nursing Assistant**  
less than 4 wks. Day and Eve. Payment plan.  
Free classes with referral bonus **240-770-8251**

**People Helping People**  
It's just one of the great things about **Medical Assisting**. You could start training for new career opportunities today!

Call now **888-793-0444**

**Sanford-Brown Institute** • **Sanford-Brown College**  
8401 Corporate Drive, Suite 500 • 1761 Old Meadow Road  
Landover, MD 20785 • McLean, VA 22102  
Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.

### DENTAL ASSISTANT

**Trainees Needed Now!**  
Dental Offices now hiring. No experience? Job Training & Placement Assistance Available.  
**1-800-678-6350**

### MED BILL & CODING

**Trainees Needed Now**  
Medical Offices now hiring. **No experience?**  
Job Training & Placement Assistance Available.  
**1-866-294-0466**

### Are You Unemployed or Underemployed?

Come get FREE EMS Paramedic Training for those who qualify. Must be a DC resident and meet DOES eligibility requirements. Call about your new career today! Close to Metro Center.  
(202) 552-7385  
or email: [Thewestlinkci@live.com](mailto:Thewestlinkci@live.com)

CAREER TRAINING

CAREER TRAINING

NURSING EDUCATION OPPORTUNITY

# Change Your Life

**Become an RN or LPN in just 16-28 months.**


**Accelerated.**  
Pre-requisite courses for the RN program meet 2 days a week for 3 terms.

**You can afford it.**  
Scholarships and payment plans available. VETERANS BENEFITS APPROVED.

**Achieve a rewarding career.**  
Job placement assistance provided.

**Priority Application Deadlines:**  
March 31 | July 29 | Nov 30  
May Start | Sept Start | Jan Start

**Accredited by DC Board of Nursing**  
Licensed by DC Education Licensure Commission  
Accredited by the Accrediting Council for Independent Colleges and Schools



**Attend our next Info Session:**  
**March 16th or April 6th at 6:00 pm.**  
1025 Vermont Avenue, NW, Suite 200  
Washington, DC 20005  
One Block From McPherson Square Metro Station

**RSVP: 202-291-9020    [www.RadiansCollege.edu](http://www.RadiansCollege.edu)**



**RADIANS**  
COLLEGE

# GET THE SKILLS EMPLOYERS WANT TODAY!



## MEDICAL OFFICE ASSISTANT

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor

**FINANCIAL AID AVAILABLE IF QUALIFIED**  
**PLACEMENT ASSISTANCE AVAILABLE**

## OFFICE ADMINISTRATION

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable





**Career Technical Institute**  
Formerly Career Blazers Learning Center

**888-639-8766**  
2131 K St. NW  
Btw. 21st&22nd St.

CAREER TRAINING

CAREER TRAINING



**Night Classes Now Enrolling!**

**Your Future is in Your Hands.**  
**Train to be a Massage Therapist in 7 months\*!**

**Centura COLLEGE**  
**(877) 206-3353**  
6295 Edsall Road, Alexandria

No High School Diploma or GED? We may be able to help.  
Job Placement Assistance. Financial Aid if Qualified.  
Veterans' Training. SCHEV Certified. ACCSC Accredited. \*7 Months Instructional Time.

## GET THE SKILLS ON DEMAND!

**No High School Diploma Required.**



**Technical Learning Centers, Inc**

**Open House March 23 @ 10am & 2pm**


- Medical Office Admin.
- Medical Assistant
- Medical Phlebotomy Tech
- Office Administration: MS Windows, MS Word, Excel, Accounting (QuickBooks)

**Financial Aid and Transportation reimbursement available for those who qualify**

**Job Placement Services**


**CALL NOW! 202.223.3500**  
1720 I Street NW - Suite #200 • Washington, DC 20006  
Only one block from Farragut West Metro Station

## GET THE SKILLS FOR SUCCESS



**ACT College**

arlington  
alexandria  
manassas



**ACT Now: 866-970-8484**  
**[www.actcollege.edu](http://www.actcollege.edu)**

DEGREE & DIPLOMA PROGRAMS • FINANCIAL AID FOR THOSE WHO QUALIFY  
CERTIFIED IN VA BY SCHEV • ACCREDITED BY ABHES • PROGRAMS VARY BY CAMPUS  
1400 KEY BLVD, FIRST FLOOR • ARLINGTON, VA 22209

CAREER TRAINING

**PHARMACY TECH**  
Trainees Needed Now  
Pharmacies now hiring. **No experience?**  
Job Training & Placement Assistance Available  
**1-877-240-4524**

**PHLEBOTOMY**  
**In 10 Weeks**  
**1-800-417-8954**  
CTO SCHEV

**MEDICAL ASSISTANT**  
**In 10 Weeks**  
**1-800-460-4138**  
CTO SCHEV

**Jack Tolbert**  
grant  
available for  
the first 8  
applicants

**Financial Aid Available**

**Become a Nursing Assistant (CNA)**  
**Call Dominant Academy**  
**240-770-7774**  
**Medication Tech. Training**  
**Saturday 12PM to 6PM**  
7726 Finns Lane, Suite LL2  
Lanham Maryland 20706  
Approved by the Maryland Board of Nursing and the Maryland Higher Education Commission

**PHLEBOTOMY**  
**Training workshops**  
**Doctor's Help 301-567-5422**

**MEDICAL LEARNING CENTER**  
**DAY, EVENING & WEEKEND CLASSES:**  
**L.P.N. | C.N.A.**  
Licensed Practical Nurse | Certified Nurse Assistant  
**[medicallearningcentervva.com](http://medicallearningcentervva.com)**  
**703-527-0055 • Certified SCHEV • Approved VBON**

Why be Ordinary  
When You Can  
**be extraordinary**



**medtech**  
Falls Church (Main)  
Silver Spring (Branch)  
Washington (Branch)

SCHEV has certified Medtech, located at 6182 Arlington Blvd., Falls Church, VA, 22044 to operate in Virginia

**Call Now 1-888-407-8222**  
**[aboutmedtech.com](http://aboutmedtech.com)**

**A BETTER TOMORROW STARTS TODAY!**

Career training in Networking/  
Security, Graphics/Web/Gaming,  
and Medical programs!  
Call now to change your life!

**1-888-524-9404**  
**[callACnow.com](http://callACnow.com)**

**3 convenient locations**  
Wheaton | Baltimore | Columbia  
*Financial aid is available to those who qualify.*

If you love animals and would like to help take care of them, train for a career in **Veterinary Technology!** Call now! **888-791-3444**  
**Sanford-Brown College - Vienna**  
1761 Old Meadow Rd. • McLean, VA 22102  
Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.  
*For a brochure, call now!*  
**888-791-3444** 

**HELP FIGHT CRIME**  
**WITH A CAREER IN CRIMINAL JUSTICE!**  
Train in Criminal Justice or Information System Security!  
Ongoing Career Services Assistance.  
Financial Aid for those who qualify.  
**For a Brochure, Call Now!**  
**888-791-3444**  
Sanford Brown College - Vienna



## CAREER TRAINING

For every new best friend...  
There's someone keeping him healthy!



### Train for a career in Veterinary Technology

Call now for a brochure  
**888.792.6444**

[sanfordbrown.edu/vienna](http://sanfordbrown.edu/vienna)



**Sanford-Brown**  
COLLEGE

1761 Old Meadow Rd. | McLean, VA 22102

Sanford-Brown College does not guarantee employment or salary. Credits earned are unlikely to transfer. Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia. Career education 121054-02/11

### PHARMACY TECHNICIAN!

Learn the skills used by  
Pharmacy Technicians at:

- Medical Hospitals
- Pharmacies and Drug Stores
- Mail Order Pharmacies
- Physicians Group Pharmacies

with training from  
Sanford-Brown Institute!

- Ongoing Career Services Assistance
- Financial Aid is available for those who qualify



**Sanford-Brown**  
INSTITUTE

We also offer: • Medical Assistant  
• Medical Billing and Coding  
• Diagnostic Medical Sonography

CALL NOW!

**888.771.2433**  
[sanfordbrown.edu/landover](http://sanfordbrown.edu/landover)

8401 Corporate Drive, Suite 500  
Landover, MD 20785

Sanford-Brown Institute does not guarantee employment or salary. Credits earned are unlikely to transfer. Career education CEC2376071 - 08/10

## CAREER TRAINING

## CAREER TRAINING

### Healthcare without blood!

It's just one of the great things about

### Medical Billing and Coding.

Get the training you need today! Call now.

**888-793-0444**

**Sanford-Brown Institute**  
8401 Corporate Drive, Ste 500  
Landover, MD 20785

**Sanford-Brown College**

1761 Old Meadow Rd. • McLean, VA 22102

Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.

### Searching for a new career?

Train in Medical Assisting,  
Medical Billing and  
Coding, Criminal Justice,  
Graphic Design or Business  
Administration!

**Sanford-Brown College – Vienna**  
1761 Old Meadow Rd. • McLean, VA 22102

Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.

For a brochure, call now!  
**888-791-3444**



**Sanford-Brown**  
COLLEGE

### A Bar Career In 1-2 Weeks

Days, Eve & Weekend Classes  
Free Lifetime Local & National Job Placement Assistance  
Call for nearest location 1-866-411-2MIX

[www.authenticbartendingmd.com](http://www.authenticbartendingmd.com)



**Free**  
Parking



### Become a Medical Billing and Coding Professional

**CTI Career**  
Technical Institute

**888.639.6277**

Get your life back on track  
and be viewed as a professional!

### Start training in the healthcare industry today!

- Medical Assisting
- Medical Billing and Coding
- Pharmacy Technician
- Diagnostic Medical Sonography

Call now! **888-805-2333**

Sanford-Brown Institute  
8401 Corporate Drive, Suite 500  
Landover, MD 20785

### Become a Certified Computer Technician

**CTI Career**  
Technical Institute

**888.639.6244**

## POSITIONS WANTED

ELDER CARE AVAILABLE-  
I will care for your loved ones. Own transportation.  
A1 refs. 301-938-0302

### BUSINESS AND FINANCIAL OPPORTUNITIES

BAD/NEGATIVE CREDIT  
Removed from Credit Report.  
Guaranteed or your money back. 202-775-6932  
Female yorkie terrier & male English Bull Dog  
for adoption.  
Email: [rliner@live.com](mailto:rliner@live.com) for more info

LOANS  
All purposes. Bad credit OK.  
35 years in business. 202-223-4581

RECESSION-PROOF RESIDUAL INCOME  
Without Giving Up What You Do  
(301) 942-5631

## SERVICE SOLUTIONS

Attorney: Bankruptcy/Business/Criminal &  
Traffic. Call Davin Van Eyken at 301-254-8112  
Admitted in MD/Ad for legal services.

Everlasting Property Maintenance  
Enter to win free house keeping or lawn service  
for a year. \*\*\* [www.everlastingpm.com](http://www.everlastingpm.com) \*\*\*  
INSTANT PAY Exclusive, invitation-only live  
event March 30 in DC. Listen to this 3-  
minute message 507-726-3926 & then email  
[talkfusiondc@gmail.com](mailto:talkfusiondc@gmail.com) to ask for a free sample  
and limited-seating ticket.

TAXES starting at \$75- \$\$ Fast \$\$  
E-File available-10% off with coupon.  
GEG Consulting, LLC  
Call Tony at 301-431-0445 (O) or 301-509-  
1793 (C)

TUB AND TILE REGLAZING DON'T REPLACE IT  
- REGLAZE IT! Please Call: 240.423.6630  
E-MAIL: [amazingreglazing@hotmail.com](mailto:amazingreglazing@hotmail.com)

Up to 50% Off All Computer Repairs  
Call Computurguru at 800-870-9201  
[www.computurguru.com](http://www.computurguru.com)

## STUFF

\$129 Queen Pillowtop Mattress Set.  
New in plastic. Can Del. 301-399-7870

3Pc King Pillowtop matt set. \$229.  
New in plastic. Can del. 301-399-7870

5Pc Cherry Bedroom set. New in  
box. Take \$345. 301-399-7870

Bedroom Set—Amazing Solid Wood Bedroom Set  
cherry never used, brand new factory sealed  
English Dovetail. Original cost \$3800 Will Sell for  
\$895 Can Deliver Call Tom 202-558-2136

CURIO CABINET Like new condition, medium  
oak wood, 75" tall 35" wide, 12" deep, glass  
shelves. \$450. Call 301-378-0632

DELL OPTIPLEX GX620 2.8ghz—\$175 1024mb  
80GB COMBO XP 7000-1400; 301-931-6630  
PCRetro.com

Leather Living Room Set—BRAND NEW LEATHER  
LIVING ROOM SET.  
In original plastic, never used, Orig price \$3000,  
Will Sacrifice \$975 can deliver call bill  
202-609-7381

OVEN UNIT- Double wall, by GE, 24",  
self cleaning, good condition, \$500 OBO  
Call 301-526-1598/ 301-249-2401

SAUNA- Health Mate, hardly used, New \$5,000,  
Must sacrifice, moving. First \$2,300 gets it!  
Call Richard 301-806-4949

VICTORIAN WICKER FURNITURE COLLECTION  
Chairs, tables, sewing tables, etc. For information  
443-362-0482 Email [jaiivollret@verizon.net](mailto:jaiivollret@verizon.net)

WOOD BURNING STOVE- Vermont Castings,  
Red Encore model, 40,000 BTU per hour, excel-  
lent condition, \$2,400 new, \$999 OBO You-Hall  
Call 301-262-2147

## PETS

ADOPT A CAT/KITTEN  
Vet checked. Call Feline Foundation.  
703-902-8665 [www.ffgw.org](http://www.ffgw.org)

Australian Shepherd Puppies -  
Shots & Wormed. Farm raised. All colors,  
9 weeks. Call 301-874-2146

English Bulldog-miniature  
10 Cuddly Little AKC Butterballs  
M/F. All colors. 8 & 9 Wks. \$2500  
703-507-1996 or 540-338-3047  
[www.sugarplumbulldogs.com](http://www.sugarplumbulldogs.com)

ROTTWEILER PUPPIES - AKC REG, shots,  
wormed, dew claw & tails docked. 8 weeks.  
\$800. Free Delivery. CALL 240-508-0585.

Sheltie/Pom—M, 12 yrs, 203-244-3773. Dog  
lost-Summerdick, VA. Fur is red/brown w/ gold &  
white and has gray around face. \$500.00 Reward

## PETS

SHIH TZU PUPPIES - AKC, 8 weeks, black and  
white, females only. shots and wormed. \$400.  
540-582-5552 or 540-645-1962

## DC RENTALS

COLUMBIA HTS 3537 10TH ST. NW Spacious  
2 BR apt+ den HW flrs, GREAT LOCATION near  
everything! Quiet well maintained bldg. on tree  
lined street. \$1350 + elec. Professionally managed  
by: CELIA DUNAYER & CO. 202-363-4597

CONGRESS HEIGHTS- 4305 Wheeler Rd SE, 2  
Br Remodeled unit, Central Air, Section 8 ok!  
\$1400/mo. Call Tommy 202-744-9872

HILLCREST- 2585 Naylor Rd SE, 2 Br Condo, Fully  
renovated, Sec 8 welcome, \$1500/mo.  
Call Tommy 202-744-9872

### 1, 2 and 3 BR Apartments

Fully Renovated from \$995

**No Application Fee!**

- Secured Building Entry
- On-Site Laundry Facility
- Off Street Parking
- Wall-to-Wall Carpet
- Dishwashers

ALL  
UTILITIES  
INCLUDED

**GLENDALE PLAZA  
APARTMENTS**

Off Nannie Helen Burroughs  
**202-640-1213**  
Professionally Managed by CIH Properties

### 1 Bedrooms: \$765

### Jetu Apartments

- FREE UTILITIES
- Wall-to-Wall Carpet
- On-Site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Café,  
Shopping & Metro

[www.wcsmith.com](http://www.wcsmith.com)

869 21st Street • Washington, DC  
**877.814.0692**

NE/1850 KENDALL ST- 1 & 2 BR (\$65/\$690+  
utilities) renovated, new wall-to-wall carpet,  
CAC. Open 10am-4pm. 202-582-7155

NE DC- 4069 Minnesota Ave, comp. remod.,  
secure 1 BR, just across from Minn. Ave. Metro,  
\$700. sec. dep. special! Call 301-230-0177.

## NORTHEAST

**1 Bedrooms fr. \$785**  
**2 Bedrooms fr. \$925**  
**3 Bedrms fr. \$1150**

### Fort Chaplin Park

4212 East Capital St. NE

One Block from Metro - Free Off-Street Parking  
Window Treatments - Landscaped Courtyards  
5% Disc. Metro & DC Govt Employees

**866.299.1530**

M-F 9-5 Sat 11-3  
Housing Choice Vouchers Welcome where  
Rents are Within Voucher Limits

## DC RENTALS

DOWNTOWN NORTHWEST  
**WASHINGTON APTS**  
**877-231-1135**  
CITY LIVING AT ITS BEST!

**1 & 2 BRs starting at \$1416**

- \$35 App Fee • \$99 Security Deposits
- Credit Card Payments/No Service Fees
- Free Gated Parking • On Site Laundry

**1201 6Th Street NW**

M-F 9-5:30 Sat 10-2

[www.washapartments.com](http://www.washapartments.com)



Petworth—Gallatin St, NW, Wash, DC, 3-4 BR, 2 1/2  
Ba, Cntrl Air/Heat, Backyard & Rooftop deck, Near  
Red, Grn, Ylw Line, Washer/Dryer, Newly Ren, Call  
240-645-1000 \$2500

Keep Warm  
and Cozy with  
Central Heat at  
**FRIENDSHIP COURT  
APARTMENTS**

**1 & 2 BRs \$750**  
starting at

No Application Fee

Call for deposit & Move in specials!

**866.754.1028**

Professionally Managed By CIH Properties, Inc.

You Just Hit the JACKPOT!

**1 BRs only  
from \$749!**

- ✓ Close To Metro, Schools & Shopping
- ✓ Intercom Access To Every Bldg.
- ✓ Great Location In A Park-Like Setting
- ✓ Laundry Facility On Property

**BANNEKER PLACE  
APARTMENTS**

\*On 1 Bedrooms Only.

**866-759-3646**

Professionally Managed By CIH Properties, Inc.

MARCH  
INTO YOUR NEW HOME AT

**Anacostia  
Gardens**

3600 Ely Place • Washington DC SE 20019

**\$0 Application Fee**

**FREE GAS & HEAT**

**1, 2, 3 BRs FROM \$750.00**

- ✓ w/w carpet
- ✓ Secure front entry door
- ✓ Laundry facility in building
- ✓ Convenient to shopping & schools

Office Hours: Mon- Fri 9-5 Sat. 10-2  
**(202) 640-4774**

Security  
Deposit  
As Low As  
\$99

SE- 1 Master BR w/ atchd BA, 1 smllr BR,  
3 Story TH, fin'd bsmt, 1,721 sf, patio.  
\$2,500/m 202-276-0533

SE DC-  
3 & 4 Br apts, in SE Washington, available now,  
vouchers accepted Call 202-702-2043

S.E./Forest Cove —  
2BR condo, w/D, CAC. \$875 plus utilities and up.  
202-889-9226.



DC RENTALS

# Wingate

## Tower and Garden Apartments

4660 MLK Jr. Ave., SW • Washington, DC 20032  
(202) 563-2651 • (202) 563-2652  
Monday-Friday 9am-4pm • Saturday 10am-2pm • Sunday-Closed



### Immediate Occupancy

1, 2 and 3 Bedrooms

**1BR \$775 • 2BR \$850**  
**3BR/1BA \$1,100 • 3BR/2BA \$1,200**

**\$99 Security Deposit • 1<sup>ST</sup> Month Rent Free**

- ❖ Hardwood Floors
  - ❖ Spacious Bedrooms / Walk in Closets
  - ❖ Individually Controlled Heat / AC
  - ❖ Swimming Pool / Play Ground
  - ❖ Summer Camp / Girl Scouts
  - ❖ Medical Facility on Site
  - ❖ On Site Laundry
- 

DC RENTALS

**1 Bedrooms: \$755**  
Open Daily 8-7 • Sat. 10-2

SE - Randall Highlands  
ASK ABOUT OUR SPECIALS!!!

## Hillside Terrace

- Beautiful Apt. Community
- Renovated Kitchens & Baths
- Ample Closet Space
- Close To Shopping
- On and Off Street Parking

**Free Application Fee with This Ad**

[www.wcsmith.com](http://www.wcsmith.com)  
1812 23rd St., SE • Washington, DC  
**866.646.7056**

### Express Delivery!

Sign up for FREE weekly newsletters at [expressnightout.com/newsletter](http://expressnightout.com/newsletter).

DC RENTALS

NE - CATHOLIC UNIVERSITY

## Pleasant Hills

100 Ft. Drive, NE

**1BR Starting \$900**  
**ALL UTILITIES INCLUDED!!!**

- GREAT LOCATION!!!!!!
- Near Catholic University and Howard University
- Off North Capitol Street; Near to Carroll High School
- Close to Metro (Red Line) • Laundry Facilities in Building
- Cable Ready • A/C
- William C. Smith & Co./EHO

[www.wcsmith.com](http://www.wcsmith.com)  
**1.877.272.5333**

### Express Delivery!

Sign up for FREE weekly newsletters at [expressnightout.com/newsletter](http://expressnightout.com/newsletter).

DC RENTALS

SE

### ShIPLEY Park Apts.

2532 Southern Ave, SE • Washington, DC

**1 BRs \$785**

- Newly Renovated Apartment Homes
- Hardwood Floors • Near THEARC
- Oak Kitchen Cabinets w/ Breakfast Bar
- Microwave, Dishwasher, Garbage Disposal
- Controlled Access • Central Heat and A/C
- Laundry Facilities • FREE Shuttle Bus

**(888) 286-7195**

[www.wcsmith.com](http://www.wcsmith.com)

South East A Vesta Property

## Avalon

Newly RENOVATED!

**990 Sq. Ft. 2 BED 1 BATH Only \$1,025**

- New Appliances
- Energy Efficient Windows, HVAC

M-F 8:30am - 5:00pm  
**202.640.4777**

### EXPERIENCE THE DIFFERENCE

## OXON RUN MANOR SE

• A GATED COMMUNITY •

- Controlled Access
- Private Enclosed Parking

Featuring:

- A Great 2 B/R w/ 1.5 Bath
- Breakfast Bar For 4 w/ Recessed Lighting
- Sparkling Hardwood Floors
- Modern Appliances
- Convenient Location to Metro

**FIRST MONTH FREE** \*Qualified Applicants Only\*

**Good Neighbors/Good Service**  
4th & Miss Ave • (202) 574-2200

SE EHO

### 2 Br/2 Bath Apts. & Duplexes

**Starting at \$899**

- Wall to wall carpet
- Granite style countertops
- Cathedral ceilings with sun windows \*
- Dishwasher\*

**DOUGLAS KNOLL**  
**888-903-9612**  
3331 22nd St. SE  
Income restrictions apply. Call for details.  
\*in select apts.

### GREENWOOD MANOR APTS.

2343 Green Street SE • Washington, DC 20020

[WWW.DELWIN-REALTY.COM](http://WWW.DELWIN-REALTY.COM)

- 1 & 2 Bedrooms Available
- Starting From \$750
- Private Parking Lot
- Spacious Floorplans with Hardwood Floors
- 5 Minutes to the Green Line Metro

**OPEN SATURDAYS!!**

**202.678.2548**  
Your Property Management Solutions

DC RENTALS

## DELWIN APARTMENTS

4200 S. Capitol Street, Washington, DC 20032

**1/2 OFF Sec. Deposit Move-In Special**

[WWW.DELWIN-REALTY.COM](http://WWW.DELWIN-REALTY.COM)

- Large 1 & 2 Bedrooms Available
- Starting From \$750
- Water, gas and sewage included!
- Metro-Bus Stop on the property
- Private Pkng • Laundry Room

**OPEN SATURDAYS!!**  
**202.561.4675**  
Your Property Management Solutions

SE EHO

### Ask About Our FREE RENT SPECIAL\*

at **Meadow Green Courts!**

Spacious 2 BR Floorplans  
Convenient to shopping, schools,  
Dishwasher. Walk-in closets.  
Wall to Wall Carpeting.

**5% DISC. TO METRO & DC GOVT EMPLOYEES**  
**(877) 464-9774**  
3539 A Street SE  
Mon-Fri 9-5, Sat 10-4  
Housing Choice Vouchers welcome where rents are within voucher program limits \*SELECT APTS. CALL FOR DETAILS

SOUTHWEST/Metro Convenient!

### LUCKY SAVINGS at EATLES CROSSING

**Move in For Only \$99**

1 BRs fr. \$775 2 BRs from \$870  
3 BRs from \$1180  
W/W carpet, Central Air/Heat,  
Dishwasher, Laundry facility, Free Parking

116 Irvington Street SW, Washington DC 20032  
**866-790-5360**  
M-F 9-5, Sat/Sun 10-4  
Housing Choice Vouchers Welcome

March into Your New Home and

## SCORE BIG!

**1 BR \$749\* • 2 BR \$865\***

- Free app. fee, security deposit\* & rent
- W/W carpet • Modern kitchens/breakfast bar
- Gated community • Laundry facility in every bldg
- Great location minutes to 295, 395, 495

**FRIENDSHIP CROSSING APTS.**  
**202-640-4789**  
Professionally Managed By CIH Properties, Inc.

### CAPITOL PARK PLAZA SW

**OPEN HOUSE**  
Saturday, March 19th • 10am-4pm

- ALL UTILITIES INCLUDED
- Balconies with Spectacular Views
- Fitness Center/ Swimming Pool
- Walk to 4 Metro Stations • \*Pet Friendly
- Nearby Shopping, Restaurants and Entertainment

201 I Street, SW • Washington, DC 20024  
**1-877-870.0243**  
[www.capitolparkplaza.com](http://www.capitolparkplaza.com)

**Edgewood** Restrictions Apply\* Income Qualifications

DC RENTALS

## THE BARAC CO.

DC MD & VA Apt. Rentals – EHO

Visit our Website  
[www.thebarac.com](http://www.thebarac.com)  
**(202) 722-2100**

DC NW- 6501 14th ST NW,  
1BR park/metro in front, fresh paint \$1050 util included. 202-330-6887

MD RENTALS

Bad Credit? Good Rental History? Move Now!  
DC/MD/VA. Let us help you! Madison Park Corporate Leasing 800-287-5238 or 301-873-0359

### 1, 2, & 3 BDs rents \$1080

starting at

**Open House Sat. March 19th**

- Free Application Fee
- Easy access to 95 & 495
- Near Greenbelt Metro + UMD
- Ask about our Military discount
- Swimming pool + playground

**TOWNLEY**  
(301) 937-5885  
11457 Cherry Hill Rd.  
Beltsville, MD  
LiveatTownley.com

Prices are subject to change

BETHESDA

## THE CHASE APARTMENTS

— AT BETHESDA METRO

**1 BDRS from \$2200s**  
**2 BDRS from \$3350s**

- Steps to Bethesda Metro
- Upscale Apartment homes in the heart of Bethesda
- Stunning Kitchens and Luxe Baths
- Garage parking, balconies, fitness center and more.

**(888) 856-9391**  
4903 Edgemoor Lane, Bethesda, MD 20814  
[ChaseApts.com](http://ChaseApts.com)

Bladensburg

## The Phoenix

**UP TO 1 1/2 MONTHS FREE\* + \$250 CASH BACK\***

- Spacious Floorplans • Minutes to Wash. DC, BW Pkwy/495, Shopping
- New Fitness and Business Center
- Controlled Access • Washer/Dryer\*\*
- Pool • Small Pets\*\* • Impressive Views
- Rents from \$871

\*Call for Details/\*\*Select Units  
**(866) 807-0429**  
[www.phoenixaptsmd.com](http://www.phoenixaptsmd.com)

DONALDSON

Capitol Heights EHO

### Spacious Living with Lots of Savings!!

**1 BR from \$750**  
**2 BR from \$950**

- Renovated kitchens
- Controlled access entry
- Great location

**HIGHLAND RIDGE**  
**888-240-4569**



## MD RENTALS

## Welcome Home!

- \$0 Application Fee
- Balcony or Patio
- Short-Term Leases Available
- Furnished Apartments Available
- Convenient Clothes Care Centers
- Fios Cable Ready
- Cathedral Ceilings
- Renovated Mid-Rise Apartments

1 & 2 BDR  
APARTMENTS NOW  
AVAILABLE!Fountain Club  
Apartment Homes

7604 FONTAINBLEAU DR., NEW CARROLLTON, MD

fountainclub.net

888.653.0114

OPEN HOUSE MARCH 26  
9 AM-5 PM

\$0 Application Fee • One Bedrooms  
Starting at only \$1042 • FREE Utilities  
Se Habla Español • Instant Pre-Approval  
All Applications Considered • Metro Stop  
on community • Clothes Care Center in  
every building

Fountain Park  
Apartment Homes

5122 KENILWORTH AVENUE, HYATTSVILLE, MD 20781

866.722.1298 • fountainpark.net



LIGHT REFRESHMENTS WILL BE SERVED

## MD RENTALS

COLLEGE PARK - 1 BR furn bsmt apt. Shr laundry  
rm. In quiet nighbrhd. 10min to Greenbelt Metro.  
\$1000/mo. utils incl + dep. Call 202-321-7723

## COLLEGE PARK

**Up to 2 MONTHS FREE!**  
**\$99 App. Fee\***  
**1 BR from the \$1000s**  
**2 BR from the \$1250s**

## Seven Springs Village

- **FREE Parking!**
- **FREE Utilities!**
- **FREE UMD Shuttle!**
- **Metrobus lines on-site!**
- **\*Call for Details**  
**(888) 425-8068**

9310 Cherry Hill Rd, College Pk, MD 20740  
SevenSpringsVillage.com

## MD RENTALS

**FOREST HEIGHTS  
PARK FOREST  
OPEN HOUSE**  
SATURDAY, MARCH 19th • 10am-4pm  
**Free shuttle van service from metro**  
**Free application fee**  
**Move-in Free on us**

**Apartments starting @ \$830**  
Offering Government discount  
All credit considered  
M, T, Th 9-6pm • W 10-7pm • Sat 10-5pm • Sun 11-4pm  
**625 Audrey Lane,  
Oxon Hill, MD 20745**  
**877-221-7315**  
**www.theparkforest.com**

Gaithersburg, MD

SPACIOUS  
2 BR / 2 BA  
AVAILABLE

## Corrigan Square

2 br/2 ba from \$1,185\*

Washer & Dryer in ea apt • Eat-in kitchens •  
Park like setting, tot lot & balconies • Near  
shopping & restaurants • Minutes from Shady  
Grove Metro & I-270 • Amenities Galore!

8511 Snouffer School Rd 888-861-7004 gradymgt.com

\*Income restrictions apply.

GRADY MANAGEMENT, INC.

Gaithersburg—large 1br \$1300 utils incl. next to  
Rio/I270 301-651-2351

Sign up for FREE weekly newsletters  
at [expressnightout.com/newsletter](http://expressnightout.com/newsletter).

## MD RENTALS

FORESTVILLE

EHO

## Regency Pointe

**1 Bedroom from \$820**  
**2 Bedroom from \$940**  
**3 Bedroom from \$1275**

- Remodeled kitchen w/brkfst bar
- Minutes to DC
- Utilities Included!
- Bus Stop on Site
- Pets Welcome

**(866) 906-4875**  
**3253 Walters Lane**  
**Forestville, MD. 20747**

Forestville

RESIDENCES OF SUITLAND PARKS  
Starting at \$699\*

- Offering:
- 1, 2 & 3 bedrooms
  - Premium apts. Available
  - Fitness Club
  - 2 Sparkling pools
  - Community Center w/Tutoring programs
  - 2 Playgrounds
  - Pet Friendly
  - Near Metro

**MENTION  
THIS AD  
& SAVE  
\$100.00  
OFF YOUR  
FIRST  
MONTH'S  
RENT**  
\*prices subject  
to change

Call Today: 888-475-5506

6501 Hil Mar Drive (Just off of Penn Ave.)

GREENBELT

## Charlestowne North

**Up to 1 MONTH FREE**  
**NO APP FEE**  
**Studio from the \$1160's**  
**1 BRs. from the \$1200s**

- **All Utilities Included.**
- Great location
- Fitness Center and Pool

\*Call for Details  
**(888) 348-0236**  
**CharlestowneNorth.com**  
8150 Lakecrest Dr. Greenbelt, MD 20770

Transform your lifestyle

TEMPLE HILLS

HEATHER HILLS  
•• Apartments ••Transform  
your Lifestyle

- Spacious floor plans • Washer/dryer\*\*
- Amazing closet space • Fireplaces\*\*
- Controlled Access • Activity Center

\*on select apts., \*\*in select apts.

**301.637.6153**  
**www.transformurlifestyle.com**

THE DONALDSON GROUP

Hyattsville

866.507.2283

## Summer Ridge

1829 Belle Haven Drive, Hyattsville, MD 20785

- Electronic entry building system
- Free business center
- Free after school program
- Walk to grocery stores
- Newly renovated laundry facilities
- Metro Accessible

Credit & Criminal  
Screening Required.

# Occupants	Maximum Income
1	\$43,500
2	\$49,680
3	\$55,920
4	\$62,100

[www.summerridgeapartments.net](http://www.summerridgeapartments.net)  
[summerridgeleasing@comcast.net](mailto:summerridgeleasing@comcast.net)

Edgewood  
Performance. People. Pride.

## MD RENTALS

Hyattsville

CASTLE MANOR  
866-464-0993Ask About our  
**MOVE-IN  
SPECIAL**

**1 & 2 Bedroom Apts.**  
Lovely Setting  
Nr. the New ARTS DISTRICT  
Close to Shopping & Metro

HYATTSVILLE

ARTS DISTRICT

**-MOVE IN SPECIAL-**  
1st Month: Rent for \$499GARFIELD COURT  
APARTMENTS

on residential street  
next to DeMatha High School  
off-street parking  
**1 and 2 BEDRM APTS. AVAIL.**  
(tenant pays electric)

**CALL TODAY!**  
**301-779-1734**

HYATTSVILLE

EHO

CYPRESS CREEK  
APARTMENTS

## Up to 2 Months FREE

1 Bdrms. from the \$800s  
2 Bdrms. from the \$1100s

- 5% Federal Govt & Student Discounts
- Washer/dryer in each apartment
- Minutes to Metro, Howard Univ and DC
- Fitness Center and Club House

**Call Today! 888-217-1901**  
5603 Cypress Creek Dr,  
Hyattsville, MD 20782  
• CypressCreekApts.com

Laurel's Most Convenient  
Apartment Community  
2 BRs fr. the \$1160s

- Side by side washer/dryer in every apt. home
- Individual climate control
- Plush wall-to-wall carpeting
- Private balconies and patios
- AND SO MUCH MORE

## Westgate of Laurel

8114 Gorman Avenue  
Laurel, MD 20707  
**(877) 271-5617**  
[info@westgateoflaurel.com](mailto:info@westgateoflaurel.com)

LAUREL MD.

**UP TO 2 MONTHS FREE!**  
Summerlyn Place  
Apartments

**1 Bedrooms**  
**2 Bedrooms**  
**Townhomes**

from the \$840s  
from the \$900s  
from the \$1500s

- Washers and Dryers
- Newly Renovated
- Great Location!

**SummerlynPlaceApts.com**  
14706 Normandy Ct., Laurel, Md. 20708  
**Call Today: 888.804.3324**

## MD RENTALS

\$0 Deposit  
Marlow Heights

1, 2 BR  
**STARTING AT \$849**

**\$200 OFF**  
**1st Month's Rent**

We work with bad credit

FINESA  
REAL ESTATE GROUP

301-899-2644

## \$200 OFF

First Month's Rent

Marlow Garden  
1 & 2 BR from \$849

Marlow Tower  
1 BR \$849 2 BR \$1049  
Free prorate if Moved in By March 28th

## \$0 Deposit

FINESA  
REAL ESTATE GROUP

301-423-1115

## 1, 2, 3 BEDROOMS STARTING AT \$650

CARLYLE  
AT HARBOR POINTE

**\$0**  
**SECURITY  
DEPOSIT**

## MAN GATED COMMUNITY UNDER NEW MANAGEMENT

**WE WORK WITH BAD CREDIT ON OUR  
SECOND CHANCE PROGRAM.**

## RENOVATED UNITS AVAILABLE

- POOL ■ LAUNDRY ROOMS
- 24 MAINTENANCE SERVICE
- FULLY RENOVATED COMMON AREAS/HALLWAYS
- NEW APPLIANCES IN MOST APARTMENTS

**HOURS**  
8:30AM to 5:30PM  
MON-FRIDAY  
10:00AM to 5:00PM  
ON SAT

**CALL FOR AN APPOINTMENT OR VISIT US AT**  
**5618 LIVINGSTON TERRACE • OXON HILL, MD 20745**

FINESA  
REAL ESTATE GROUP

866-906-3677

## 1BR, 1BR+DEN, 2BR, 2BR+DEN AVAILABLE!!!

Rosecroft Mews  
APARTMENTS

**\$200  
OFF**  
**Prorate**  
Must move in  
by March 15th

**STOP. LOOK. LISTEN.**  
COUPON BOOK UP TO  
\$1275 IN SAVINGS

## GREAT FEATURES AVAILABLE

- WASHER & DRYERS & DISHWASHERS IN APTS.
- WALL TO WALL CARPET
- PET FRIENDLY
- ON SITE FITNESS CENTER!!!

**HOURS**  
8:30AM to 5:30PM  
MON-FRIDAY  
10:00AM to 5:00PM  
ON SAT

**CALL FOR AN APPOINTMENT OR VISIT US AT**  
**2428 CORNING AVE. • FT. WASHINGTON, MD 20744**

FINESA  
REAL ESTATE GROUP

866-652-4957

**This could be  
your space!**

Call 202-334-6200  
to place your ad today.



MD RENTALS

**RIVERDALE**  
1, 2, & 3 BR Apts    Huge 2 BR Townhomes  
**Parkview Gardens**  
**888-251-1872**  
6400 Riverdale Road • Riverdale, MD 20737  
www.parkviewgardensapartments.com  
**GATED COMMUNITY**  
*Furnished Apartments\*\**

- Fitness Center on Property
- Washer/Dryer\*\*
- Beautiful Kitchens-Granite Countertops\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

\*\*Select Units

**Call Now For Our FANTASTIC SPECIAL!**

**Riverdale Village**  
**800-767-2189**  
5409 Riverdale Road • Riverdale, MD 20737

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling
- \*select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

**Call Now For Our FANTASTIC SPECIAL!**

**LANDOVER**  
**Kings Square Apartments**  
**877-898-6958**  
3402 Dodge Park Road • Landover, MD 20785  
Just minutes from the New Wegmans

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

**Call Now For Our FANTASTIC SPECIAL!**

**HYATTSVILLE**  
**Fleetwood Village Apts**  
**866-315-8849**  
721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495
- \*select units

**FREE MARCH RENT! (1-BR ONLY)**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
**CALL FOR FANTASTIC SPECIALS!**



MD RENTALS

**LANDOVER**  
**Maple Ridge**  
**888-583-3045**  
2252 Brightseat Road • Landover, MD 20785

- Right by the new Wegmans
- Gated Community
- State-of-the-art fitness center
- Free Gas & Water
- Free 6 week summer camp

**Call Now for Our FANTASTIC SPECIALS!**

**OXON HILL**  
**Colonial Village**  
**888-583-3047**  
908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

**CALL ABOUT FANTASTIC SPECIALS**

**LANDOVER HILLS**  
**Calvert Hall Apartments**  
**877-203-6036**  
3817 64th Ave. • Landover Hills, MD 20784

- Gated Community
- Swimming Pool
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Eat-In Kitchens & Large Closets

**GREAT LOCATION! SMART CHOICE!**

**HYATTSVILLE**  
**Fletchers Field Apartments**  
**866-805-0782**  
5249 Kenilworth Ave. • Hyattsville, MD 20781

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

**CALL NOW FOR OUR FANTASTIC SPECIALS!**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
**\*On selected units only.**



MD RENTALS

**OXON HILL** - 2 BR apartment, hard wood flrs, balcony, plenty of closet space, section 8 ok. \$975/m+ electric. Call 301-749-5770

**Parkland Village Apts**  
Open House Sat. March 26th 10 - 5 PM  
1 & 2 Bedrooms Immediate Move In  
W/D, W/W Carpet, D/W No Pets  
Income restriction apply. EHO.  
Call Today Parkland Village 1-866-310-7446

**RIVERDALE**  
**East Pines Terrace**  
**RIVERDALE MOVE-IN SPECIAL**


- Spacious 1 & 2 BRs
- Walk-in Closet
- Balconies
- Laundry Room

**OPEN SATURDAYS!!**  
STARTING @ \$850 - Near Metro  
**Delwin Realty**  
**301-577-7917**  
6747 Riverdale Rd. Riverdale, MD 20737



Silver Spring, MD



**ALL UTILITIES INCLUDED**

**Winexburg Manor**

Eff's from \$1,070    1 br's from \$1,196  
2 br's from \$1,384

One block to Metro • Washer and dryer included\*  
Brand new fitness center • Garden & mid-rise apts.  
Pool & 2 level sundeck • Cats welcome

2301 Glenallen Ave    888-439-4352    gradymgt.com

 \*Select Apts. Call for details. 

SUITLAND

**OPEN HOUSE SATURDAY APRIL 9TH!**  
**Apts. as LOW as \$875**  
**Remodeled Apts. Avail.**  
**\$0 App Fee\***  
**\$300/Move-In Coupons**  
All credit consid'd / Elec & Gas Inc  
**PINEWOOD CHASE**  
5601 Regency Parkway  
Suitland MD 20746  
**866-414-2477**  
www.beaconmanagement.com  
\*during Open House Only

MD RENTALS

**Silver Spring, MD**  
**DRIVE LESS, ENJOY MORE**  
**MOVE IN TODAY!**  
**Glenmont Forest**  
Eff's from \$939    1 br's from \$1,129  
2 br's from \$1,274    3 br's from \$1,574  
2 blocks from Metro • Parkland setting  
Play & picnic areas • Floor to ceiling windows  
Close to shopping • Community Swim Club  
2386 Glenmont Cir    877-622-1916    gradymgt.com



SILVER SPR/Forest Glen Metro

**1 & 2 BEDROOM GARDEN APTS**  
Close to the Forest Glen Metro  
**Controlled Access**  
Ask About Our  
**Move In Special**  
**UTILITIES INCLUDED**  
**Forest Glen Apartments**  
**301-593-0485**

Silver Spring

**\$20 App Fee**  
**\$99 Holding Fee**  
**FREE Weekend Getaway**  
**\$200 OFF 2 BR Apts.**  
All this and More at  
**WINDSOR COURT AND TOWER APTS**  
Roomy Apartments walking distance to MetroBus, shopping and restaurants  
**Stop in or call today for details**  
13802 Castle Blvd. #103  
Silver Spring, MD 20904  
**Text WINDSOR to 29999 for more info**  
**888-255-6159**

MD RENTALS

**Silver Spring**  
**Up to 2 Months Free!**  
**2 bedrooms from the \$1250s**  
**NO APP FEE!**  
**ALL UTILITIES INCLUDED**  
**WATERFORD TOWER APARTMENTS**  
Stylish apartments in Silver Spring  
**Brand New Amenities**  
14000 Castle Blvd  
Silver Spring, MD 20904  
**888-892-1121**  
waterfordtowerapts.com

Silver Spring

**Renovated 2 BRs \$1415**  
**Short Term Leases Available**  
**Includes Water and Gas**  
*Enjoy our park setting, adjacent tennis courts and rec. center.*

- Designer kitchen & bath avail
- Min. from Sil. Spr/Bethesda Metro
- Access controlled bldgs.
- Highspeed internet/tv avail
- Community swimming pool

**PADDINGTON SQUARE**  
8800 Lanier Drive, Silver Spring, Md. 20910  
**(866) 531-0263**

**\$0 Security Deposit**  
**UP TO \$1700**  
**IN Free Rent**    Move In By 3.31.11

- W/D in Every Unit
- Wall to Wall Carpet, Spacious Floor Plans
- 2nd Chance Credit Program

**FOREST VILLAGE APARTMENT HOMES**  
4400 Rena Road  
Suitland, Md 20746  
**301-735-0100**    forestvillage@finesagroup.com

**\$0 Deposit**  
**\$200 OFF at move-in**  
**Shadyside Garden**  
**2 BR Special \$999**  
**Select 1 BRs \$799**  
must move in by 3-15-11  
**We're Waiting For You!!!!**  
**FINESA REAL ESTATE GROUP**    **301-735-5000**

**FRANKLIN PARK**  
AT GREENBELT STATION

**ELEGANT. EASY.**  
**LIFE MEETS STYLE NEAR THE METRO FROM \$1249**  
**CALL FOR SPECIALS TODAY!**  
**866.468.3859**  
www.FranklinParkLiving.com  
Professionally managed by Fieldstone Properties.



**Walk to Metro!**  
**1, 2, & 3 BDs starting \$890**  
at  

- Walk to Suitland Metro
- Ask about our military discounts
- Swimming pool + playground
- Spacious floorplans

**HICKORY HILL**  
3613 Silver Park Drive, Suitland, MD  
**(301) 423-1777**  
LiveatHickoryHill.com





## MD RENTALS

**ROCKVILLE**-Vry lrg 1 or 2BR, furn/unfurn. Low priced, some discounts, All utils. Nr Metro, grocery. On bus line. 301-830-0046

## MD RENTALS

Takoma Pk/Silver Spring

### OPEN HOUSE MARCH 12, 10-4

**1 Bedroom Starting at \$875**  
**2 Bedrooms Starting at \$995**  
**3 Bedrooms Starting at \$1095**  
**\$99 Security Deposit\***

All Application Fees Are Being  
 Waived during the Open House

### Belford Towers

866-485-9179

belfordlease@beaconmanagement.com  
 www.beaconmanagement.com  
 \*WITH APPROVED CREDIT

TAK PK—New Hamp. Ave.

### A GREAT LOCATION!!

**HILLWOOD MANOR**  
**301-891-2270**

**1 BEDRMS fr \$885**  
**2 BEDROOMS ALSO AVAILABLE**

**ALL UTILITIES INCLUDED**  
 LOVELY PARK-LIKE SETTING!  
 OFF STREET PARKING  
 HARDWOOD FLOORS

Housing Choice Vouchers Welcome

Temple Hills

EHO

**FREE UTILITIES**  
**2 Bedrooms \$999\***

- 2 huge walk-in closets 2 BRs
- Close to Metro & major highways
- Laundry facilities in each building
- Call for Details!

**New Parkway**  
**(301) 423-7799**  
 \*limited time offer

SUITLAND

### PARKWAY TERRACE

**1 BRs fr \$810**  
**2 BRs fr \$890**  
**\$20 Application Fee**

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tables & grill

Maximum income limits apply  
**877-608-6548**

3415 Parkway Terr. Dr. Suitland, Md. 20748  
 Mon-Fri. 9am-6pm. Sat. 10am-4pm

## VA RENTALS

ALEX - Hi Rise Duke Street

All Utilities Included  
 1 BR Starting at \$1029  
 703-751-7576

Alexandria

### BRAGG TOWERS EXTENDED STAY HOTEL

Furnished Efficiencies: \$378 Wk ♦ \$1380 Mo  
 Cable ♦ Internet ♦ Utilities ♦ Housekeeping

99 South Bragg St, Alexandria, VA 22312  
 703-354-6300 ♦ www.BraggTowers.com

## VA RENTALS

### Meadow Woods APARTMENTS

#### HUGE NEWLY RENOVATED APARTMENTS

- Great Location... Walking distance to shopping, dining and entertainment
- Minutes to the National Harbor, Ft. Belvoir, Capital Beltway and much more
- Government & Military Discounts Available\*

Apply by March 31st and move in between Now & April 15th and you will be entered in a drawing for a Brand New 42" TV.

**1 Bedrooms \$1035** **2 Bedrooms \$1189**  
 from from

**Call Now 888.823.7689**  
**www.meadowwoodsapts.com**

\*Some restrictions apply.

**ALEXANDRIA** - \$1750/month, 3 Bedroom,  
 2-1/2 Bath, driveway, finished basement,  
 Washer/Dryer. Call 703-862-2352

ALEXANDRIA

### SOUTHERN TOWERS

Efficiency from .....\$865\* 2 Bedroom from .....\$1405\*  
 1 Bedroom from .....\$1085\* 3 Bedroom from .....\$1725\*  
**Spacious Penthouse From \$1860\***

#### Come TODAY - They're Going Fast

- Metrobus at front door to Pentagon & Van Dorn Metro
- Spacious Rooms • 24-hour front desk
- High-speed internet access available
- Free parking • 24-hour 7-11
- Convenient to Pentagon, Shopping & I-395

I-395 to Seminary Rd., West exit to Southern Towers immediately  
 on right. 6 Month Lease Available! Please Call Now for Details!

Call our leasing office today! **703-485-4154**  
 4901 Seminary Rd. | Alexandria, VA

\*All Prices &amp; Specials Subject to change without notice.

▶ NO SECURITY DEPOSIT

### Well-appointed 1-, 2-, and 3-bedroom Apartments

Stainless Steel Appliances Express Bus Service to Huntington  
 Optional Washer/Dryer and King Street Metros  
 Controlled-access Buildings 2,600 Sq. Foot Health Club

**Rents Starting in the Low \$1,000s.**  
**Prices Change Daily.**

**MOUNT VERNON SQUARE**  
 A P A R T M E N T S  
**(703) 768-3200**  
**www.MtVernonSquareVA.com**

A HOME PROPERTIES COMMUNITY

Arlington- So. Courthouse Rd

Spacious 1 & 2 BR apartments  
 with washers/ dryers  
 Near Pentagon City  
 703-841-0451

EHO



### THE MACEDONIAN

2229 Shirlington Road, Arlington, VA 22206

#### BRAND NEW BUILDING

- Rooftop Garden
- Balconies
- Complimentary garage parking space

Walk to Shirlington Village  
 Minutes from I-395

Call **703-920-1066**

Leasing Office: 3440 S. 22nd Street, Arlington, VA 22206  
 M-F (1-6), Sat (10-3) Income Restrictions Apply

## VA RENTALS



#### Apartment Home Features:

- Beautiful hardwood floors or plush wall-to-wall carpet
- Ample closet space
- Select apartments have upgraded kitchen & bathrooms

#### Community Features:

- On Metro Bus line
- Excellent shopping within walking distance
- Five minutes to Seven Corners Shopping Center
- Ask about our Military Discount Program!

**6084 Argyle Drive, Suite B • Falls Church, VA 22041**  
**703.820.6700 • www.oldsalemvillageapartments.com**

FALLS CHURCH

### Wexford Manor Apartments

2802 A Hollywood Road  
 Falls Church, VA 22043  
**888-440-5079**

**1 BDRM \$1116** (sec. dep. \$250)  
**2 BDRM \$1152** (sec. dep. \$300)  
**Free Application Fee**

- Convenient to Rte. 50, 66 and 495, shopping, restaurants and nightlife
- Beautiful garden community nr. Dunn Loring & Falls Church Metro, on Metro Bus line
- Spacious apartments with balconies
- Community center with after school programs, computer lab, book clubs & more.

Open M-F 8:30am-4:30pm Sat. 10am-2pm

#### Equal Housing Opportunity

**MOUNT VERNON** - 1 BR, furn'd, newly updated,  
 water front, off street parking. \$1,050/m  
 Call 703-975-6605

**SPRINGFIELD** - SFH, 3BR 2BA, carport, hard  
 wood floors redone, new paint, fenced back  
 yard. \$2,250/m Call Ray 703-569-2355.

## ROOMMATES

**ADELPHI/Hyattsville, MD:** Prof Female, N/S,  
 2.5BR condo, share BA & Kitchen. All utilities  
 included. \$575; \$250 deposit. **301-439-4744**

**ALEXANDRIA** - 2 BR condo, Female non smoker  
 seeking same. Own room w/private bath &  
 shower, elevator, \$800. **703-370-4694**

**ARL/BALLSTON/2 blocks to Metro**- Shr NS  
 apt. 2 rms avail. \$595 & \$780. Incl util. W/D.  
 Avail now. **703-408-4867**

**ARLINGTON** M looking for same, lg bsmt rm,  
 pvt BA, wall-wall, A/C, refrigerator, no smoking,  
 Nr Bailey's Crossroads \$725+utils. **703-820-7072**

**BOWIE**- Clean, furnished, W/D, No pets. \$165 a  
 week, all utilities & Cable included.  
 Please call **301-537-5433**

**CAP HTS**-Clean, quiet, close Metro, Sec dep. req.  
 furnished, \$135/wk, no pets, one person only.  
**301-868-7329**

**CHEVERLY**- 1 BR basement apt, Ba, kit, utils  
 included, priv ent, female pref close to metro,  
 \$835/m Call **240-405-3248**

**DISTRICT HEIGHTS, MD** - Female preferred, no  
 smoking. Furnished room. Near Metro. \$400 +  
 deposit. utilities included. Call **301-520-9493**

**FALLS CHURCH**- SFH w/ 1 large room avail (for  
 1 person), share ba, lots of space. \$595. NS/NP.  
**703-560-9253**

**FORT WASHINGTON, MD**- Share SFH.  
 Fully furnished room with refrig, microwave, CATV.  
 \$175/week. **301-775-0019**

**FORT WASHINGTON, MD** -- Female pref, fur-  
 nished., Outside smoking only. \$575 all utils  
 incl + security. Call **301-806-6070**

**GAMBRILLS** Hse to shr. Furn rm for M/F, W/D,  
 \$600 incl. utils, cable & Internet. Avail. imm.  
**410-695-2787**

**HYATTSVILLE, MD**- Furnished Bedroom,  
 Near metro, good area. \$550/month, avail now.  
 Also Basement \$700. **240-476-9245**

**LAUREL**-Wall-to-wall, W/D, DW,  
 near bus & shopping. Lg BR 13x16.  
 \$695/mo incl utils. **240-475-4072**

**MANASSAS, VA** - Shr SFH, 2 rms fully furn, incl all  
 utils. Nr shpg ctr, restaurant, Dulles Airport, 30 min  
 to DC. Gd ngrbrhd. N/P. \$700. (571) 484-3003

**NE DC** - 1 furnished BR, no smoking, near  
 26 and Benning Rd. NE  
 Call **202-396-5377**

**NE/Deanwood Metro** - Large furnished room,  
 no security deposit. \$165/week. No smoking.  
 Please call **202-706-4105**

**SE - Share Newly Renov. Fully furn, W/D, Jacuzzi**  
 Tub, Full Kit, Nr. Metro/Shops. \$150/\$375 per wk.  
 Jasper St. 202-889-2810

## ROOMMATES

**SILVER SPRING** Private bath, w/d, internet,  
 cable, phone. Avail mid April. \$620+elec/gas  
**240-338-1546**

**SPRINGFIELD** Basement for rent No smoking,  
 clean and organized person a must.  
**571-213-6254** **teresasloper@gmail.com**

**TEMPLEHILLS, MD**-Large furnished room pvt BA,  
 nwar subway & metro, facilities included.  
 \$180/wk + \$100 sec dep. **301-399-5090**

**UPPER MARLBORO** - Shr lux home, w/full BA  
 incl kit, w/d, rec rm w/ Directv. \$600 + 1/4 util  
 Please call **301-523-9293**

**WOODBIDGE** - SFH to share. 2 BR:  
 small room \$450, large room \$550.  
 All utilities included. **703-407-4799**

## CONDOS FOR SALE

**ARL/750 DICKERSON ST** - 3BR, 2BA, Utils incl.  
 LR, A/C, hdwd flrs, nr Metro/Shpg. Avail Immed!  
**\$1,995. Sell \$295K MUST SEE 703-351-0777**

**SW -- 1BR, UPGRADED Condo**  
 in gated comm, OSP.  
 Owner assist w/closing cost.  
 Call **301-753-8291**

## HOUSES FOR SALE

**Glenn Dale** **\$239,990**  
 Nice 4bd 2ba home with bsmt garage and fenced  
 yard \$1800 down \$1800 a month Kevin Lloyd  
 301-523-3400. C21 Trademark Realty

## RESORT PROPERTIES

**OCEAN CITY** - 29 Waterfront Condos 2 BR'S.  
 \$134k-\$220k. Available now. Great time to buy!  
 Free list. Call Frank **240-271-5552**

## CARS

**ALL CARS WANTED. WE PAY \$900 CASH FOR**  
**CARS, TRUCKS, VANS, AND SUVS...Today.**  
 Honda, Toyota, Nissan, Saturn & All Other  
 Smaller Running Economy Cars.  
 7 days, Polite Fast Service. **443-603-6935**

**CADILLAC 1996 DEVILLE** - Beige, lthr, 4 dr, 18K  
 miles, htd seats, California Car, no snow, no rust,  
 no dents, gar kept. **\$13,750/OBO. Call 301-695-7282**

**Ford 2000 Mustang** — GT, \$2995, Mint cond, 186k  
 mi, Tan int, Green ext, 2 dr, alloy wheels, Cass, ABS,  
 alarm, CD, 202-460-7554

**FORD 1994 E250**- 6 cylinder, white,  
 199K miles, good condition,  
**\$3,500 OBO Call 240-388-8042**

**INFINITI 2008 G35 X**- Loaded, 49k mi, blue  
 slate, immaculate, \$25,990/obo  
 Call **571-291-3794**

**Infiniti 2003 G35** — \$10700, 4 dr, Good/faircond,  
 71k mi, Black int/ext, Htd Mem Seats, Mnmr, Bose  
 stereo, Dual climate, Spoiler, 202-374-2044

**JUNK VEHICLES REMOVED FREE**  
**CASH PAY FOR ALL**  
 202-714-9835

**\$\$\$WILL BUY HONDA ACCORD**  
**OR HONDA CIVIC \$\$\$**

1990-2005, any condition. Call **301-467-0426**

**Park your  
browser here.**

Concerts, movies,  
 events, restaurants  
 and more.

**express  
nightout**  
 expressnightout.com

Temple Hills  
**OXON PARK**  
**APARTMENTS**  
**301-894-3030**



**LARGE 2 BEDROOM**  
**SPECIAL \$880.00**  
**ALL UTILITIES INCLUDED!**

- Wall To Wall Carpeting
- Three Blocks From Metro Station
- Minutes From Shopping Center
- On Site Emergency Maintenance



**DON'T FORGET TO ASK**  
**ABOUT OUR OTHER**  
**1 & 2 BEDROOM SPECIALS**  
**YES!! THERE'S MORE!**  
**HURRY!! LIMITED TIME**



# The Capitol Deal

Today's Deal

GET  
ON THE  
LIST—  
sign up FREE  
online!



Save  
50%

## Sports International Football Camps

Get a head start on summer fun -- check out 3 football day camps hosted by **Sports International** and run by local celebrities including **Charles Mann** and **Nick Novak**.

➤ **Football Day Camp run by Charles Mann:** \$150 for camp and autographed football (valued at \$300)

Upper Marlboro, MD | North Bethesda, MD

➤ **Kicking & Punting Camp run by Nick Novak:** \$125 for camp and football (valued at \$250)

Fairfax, VA | Westminster, MD

➤ **Sports International Specialty Clinic:** \$120 for camp, equipment rental and autographed football (valued at \$240)

Fairfax, VA | Westminster, MD



This special deal only available for purchase until 11:59pm, 3/27/11. All Capitol Deals must be purchased at [expressnightout.com/thecapitoldeal](http://expressnightout.com/thecapitoldeal)

Get local deals e-mailed to you, for **FREE**.  
**[expressnightout.com/thecapitoldeal](http://expressnightout.com/thecapitoldeal)**

Delivered to you by:

express  
**nightout**



# lookout



**Lost in Space**  
Sammy Hagar claims to have experienced an alien abduction **37**

## Sound Bets



DAN MONICK

## Nothing to Fear

**The first punk show** I attended was in 1986: Gang Green at Traxx in Detroit. But we arrived late and missed all but a few of the band's ragers. Still, it was a good way to ease myself into the scene: If I were there longer, I might've started crying. The dingy club was filled with knuckle-tattooed

creeps who were way more experienced in inner-city punk than my country-bumpkin self.

The first punk I show I saw in its entirety was Circle



By Christopher Porter

Jerks — also at Traxx in 1986 — and it was just as terrifying, especially when my stage-diving friend landed on singer Keith Morris' leg and tore the frontman's knee ligament.

Twenty-five years later, I know I won't be scared, but I am curious to see whether Morris, 55 (above, in sunglasses), still has a limp when his new group of old-guy-punk stars, OFF!, performs Thursday at Red Palace (1212 H St. NE; \$15, 8 p.m.). But unless these musicians dig into songs from their tenures in the groups Black Flag, Rocket From the Crypt, Red Kross and more, it won't be a long show: OFF!'s four EPs total 16 songs in about 16 minutes — the perfect length for a kid's first hardcore concert (or an aging punk's latest).

Welcome to  
**FARMVILLE**  
**CityVille**  
**REWARDVILLE**  
Population: 250 million

'RewardVille' is Zynga's latest in a line of rapidly growing, habit-forming, high-profit Web games

## Online

Beware, if you're among the hordes who wonder where the time went after becoming absorbed in online games such as "FarmVille" and "CityVille." Zynga, the hot Internet start-up that created those ever-engrossing pastimes, is introducing another reason to goof off.

The lure this time is "RewardVille," a show of appreciation aimed at getting players even more absorbed in their online farms, cities, crime rings and poker games. The program unveiled a week ago doles out game points and credits that can be used to buy more

**"That's the fastest-growing media property in the history of the planet."**

— LOU KERNER, SOCIAL MEDIA ANALYST WITH WEDBUSH MORGAN

## By the Numbers

Since CEO Mark Pincus launched the San Francisco company in 2007, Zynga has attracted about 250 million game players — most of whom connect on Facebook's even larger Web hangout. Zynga's audience is somewhere between the population of the U.S. and Indonesia, the world's third- and fourth-most-populous countries. (AP)

virtual goodies on Zynga's games.

It's the latest attempt to deepen people's attachment to Zynga's strangely addictive world at a time when attention spans are becoming more fickle.

Zynga's success in capturing people's free time so far has been remarkable — and profitable (an estimated \$529 million last year) according to the privately held company's executives.

## Charity

## Power in Population

Zynga makes most of its money through the sale of virtual items in its games, with the rest from advertising and partnerships with companies such as Netflix or Vistaprint. In an example of how quickly the company can drum up money, Zynga recently raised \$1 million in 36 hours for Save the Children's Japan charity. The donations for earthquake victims came through special virtual items that Zynga created for the cause. That amount has since grown to \$1.5 million. (AP)

Its games are simple, but getting ahead requires time and dedication. In "CityVille," for example, players start with a simple plot of land, roads and buildings. They can add businesses, farms and landmarks through lots of faithful dragging and clicking of the mouse. They can invite friends to play and send them virtual gifts.

All games are free to play, but players can pay real money — a few coins or dollars at a time — to buy special items or reach a higher level of play more quickly.

Zynga has grown so fast that it already has 1,500 employees and is moving into larger headquarters, which can accommodate several hundred more workers.

Recently, "CityVille" demonstrated Zynga's drawing power by attracting 100 million players in the first seven weeks after its December introduction.

"That's the fastest-growing media property in the history of the planet," said social media analyst Lou Kerner of Wedbush Morgan.

ARBARA ORTUTAY (AP)

**Going Solo:** Pearl Jam frontman Eddie Vedder's solo album, "Ukulele Songs," will arrive on May 31 in tandem with a live DVD titled "Water on the Road." Featuring a number of songs Vedder penned and played in concert — but never released — nearly a decade ago, "Ukulele Songs" also includes a uke version of Pearl Jam's 2002 track "Can't Keep." The concert DVD captures Vedder playing a variety of songs at a pair of 2008 solo shows in Washington. (AP)







top stops

## 1 Comedy Of Manners

Oscar Wilde pinpointed the ridiculousness of his time, but his work is somehow disturbingly modern, too. His play "An Ideal Husband" (starring Emily Raymond, left) is about a politician and his wife, who has high moral standards for her husband. IT'S A METAPHOR FOR THE MEDIA AND THE PRESIDENCY! Ahem. What? **Shakespeare Theatre, 610 F St. NW; through April 16; 202-547-1122, [Shakespearetheatre.org](http://Shakespearetheatre.org). (Gallery Place)**

## 2 Family Ties

Going into your parent's profession is fraught with risks, but if you're actually performing a concert with your mother, then you're clearly pretty comfortable with it. Virtuoso pianist Jonathan Biss and his mother, violinist Miriam Fried, will perform a program of Beethoven's greatest hits (they're probably not called that in classical music, but we don't care) tonight. **Kennedy Center, 2700 F St. NW; 7:30 p.m., \$32; 202-467-4600, [Kennedy-center.org](http://Kennedy-center.org). (Foggy Bottom)**



## 3 Melodic Diversity

Rooted in gypsy-burlesque traditions, the music of DeVotchKa, shown above, branches out in so many directions that it's difficult to categorize. From bluegrass to rock to sea chanteys to Morricone's movie scores, you can hear a little bit of everything in here, but it never sounds unfocused. It's intense and exciting, with a lonely edge to it. You know, metaphorically. **9:30 Club, 815 V St. NW; 7 p.m., \$22.50; 202-265-0930, [930.com](http://930.com). (U St.-Cardozo)**

### GW COLLEGE OF PROFESSIONAL STUDIES ARLINGTON

#### MASTER'S DEGREE IN SUSTAINABLE URBAN PLANNING

GRADUATE CERTIFICATES IN  
URBAN SUSTAINABILITY  
CLIMATE CHANGE MANAGEMENT & POLICY  
SUSTAINABLE LANDSCAPES

Are you committed to positive **change** and investing your unique talents and passion in **making our communities and environments sustainable**, and a healthier place to live?

If so, then join GW and like-minded professionals whose number one goal is to maintain a healthy environment and way of life for neighborhoods, and for regional, national, and global communities.

#### Become an agent of change.

Empower yourself with cutting-edge skills, knowledge of state-of-the-art sustainable technologies, climate change information, applied concepts and best practices in urban and regional planning. **Visit [www.nearyou.gwu.edu/sustainable](http://www.nearyou.gwu.edu/sustainable)**

**Information Sessions**  
**Wednesday, March 23**  
**6:30 pm ET**  
Online   
**Monday, April 11**  
**6:30 pm**  
3601 Wilson Blvd., #400  
Arlington, VA  
**Contact Us Today!**  
202.973.1130  
[www.nearyou.gwu.edu/sustainable](http://www.nearyou.gwu.edu/sustainable)



THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON DC

BRING US YOUR  
**AMBITION.**  
[www.gwu.edu/gradapply](http://www.gwu.edu/gradapply)

# 59¢ SUNDAYS

New features. New savings.



For a limited-time, get 26 weeks of Sunday-only home-delivery for only **59¢ a week!**  
Or get 7-day home-delivery for just **\$1.47 a week!**

To subscribe, call toll-free:  
**1-800-955-1197, Ext. 8**  
or visit  
**[wpsubscribe.com/spring7](http://wpsubscribe.com/spring7)**

**The Washington Post**  
If you don't get it, you don't get it.

Offer expires 5/27/11. Available to new subscribers only. Restrictions may apply. SRDD RPN5 XPS082 1x7



Find your passion. Make your difference.

As the world's oldest and largest graduate school focused exclusively on psychology and related fields, The Chicago School gives you virtually limitless ways to put your passions to work and make a difference that matters. We offer an unrivaled range of programs to suit your unique interests and aspirations—and provide the intensive real-world training and professional mentorship you need to make your goals a reality.

- On-campus and online-blended graduate programs
- Accredited, not-for-profit institution
- Recognized by the National Council of Schools and Programs of Professional Psychology

Call 800.721.8072 or visit [thechicagoschool.edu](http://thechicagoschool.edu) for more information.

**TheChicagoSchool®**  
of Professional Psychology

Chicago | Los Angeles | Irvine, CA | Westwood, CA | Washington, DC | Online-Blended

Place your Classified ad today.  
**202-334-6200.**

**express**  
[expressnightout.com](http://expressnightout.com)



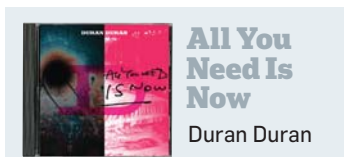
# For Duran Duran, 'Now' Is More Than

The '80s pop stars revisit an old sound on their latest record

## Album Review

When producer Mark Ronson began working with Duran Duran on "All You Need Is Now," he reportedly challenged the '80s pop veterans to revisit the sound of their formative musical years and conjure up a follow-up to the band's 1982 hit-spawning album, "Rio."

And on most of the new album's 14 tracks, the musical DNA of the British group's early sound is hard to miss.



This gives "All You Need Is Now" a familiar quality, like you've heard some of this music before. A rhythm here, a vocal melody there.

On the funky "Girl Panic!," the percussion recalls the group's classic "The Reflex," while on the moody ballad "Leave a Light On," the synths may bring to mind another seminal Duran Duran song, "Save a Prayer."

Duran Duran appeared to try to cover up its musical tendencies



Frontman Simon LeBon turns back the clock on Duran Duran's new CD.

in its prior studio effort, 2007's "Red Carpet Massacre," enlisting contemporary pop music heavyweights Timbaland and Justin Timberlake.

By comparison, "All You Need Is Now" is less preoccupied with dressing up Duran Duran's sound in new threads than in dusting off the old garb that made frontman Simon LeBon, keyboardist Nick Rhodes, drummer Roger Taylor and bassist John Taylor pop superstars 30 years ago.

The album overflows with Duran Duran's other sonic staples: Lush synths layered over driving bass lines; disco-inspired percussion, frequently accented with Latin

beats; and the high-flying, moody vocals and harmonies.

On the title track, a fuzzed-out drone builds to a sing-along friendly chorus: "And you sway in the moon the way you did when you were younger/And we told everybody all you need is now."

Duran Duran kicks in the New Wave in "Being Followed," in which LeBon sings "I'm not alone/Being followed/Someone always watching what we do/Never alone/But I'm in the shadows/I dream things I don't want you to know."

The band also dials up old-school disco and funk on the dance-floor-ready "Safe (In the Heat of the Moment)." **ALEX VEIGA (AP)**

## VACCINE RESEARCH

Accelovance conducts investigational vaccine research in your community related to influenza, hepatitis, pneumonia, and other recommended adult vaccines.

Volunteers may be compensated up to \$600 depending on study requirements and visit schedule.

Contact us today to learn more about research.



ROCKVILLE, MD

301-309-8610  
EXT. 601



DEPARTMENT OF HEALTH AND HUMAN SERVICES and NATIONAL INSTITUTES OF HEALTH (NIH)

## Do You Have HEPATITIS C?

Consider taking part in an NIH research study

SCIENTISTS AT NIH ARE SEEKING VOLUNTEERS with hepatitis C to take part in a study that will look at how the immune system is affected by hepatitis C infection.

PARTICIPANTS ARE NEEDED WHO:

- Are 18 or older
- Have hepatitis C
- Do not have HIV

The study includes blood draws and a physical examination. Participants will have a liver biopsy as part of the study if they have not had one in the past five years. Participants will be compensated for their time.

For more information, call:

**1-800-411-1222**

(TTY: 1-866-411-1010) Se habla español  
(reference 04-I-0086)



Be at the intersection  
of business, policy,  
and society.



INFORMATION SESSION  
Wednesday, March 23rd, 6:30pm - 7:30pm

This is the proving ground. Where business people take giant leaps in their own development within a curriculum that is ethics infused, and in a location where decisions are made and lives are changed. Come to **The George Washington**

**University School of Business** to learn about our full breadth of

BRING US YOUR  
**AMBITION.**

[gwgrounded.com](http://gwgrounded.com)

MBA programs and Specialty Masters programs. Register at [business.gwu.edu/grad](http://business.gwu.edu/grad) or call **202-994-1212**.

MBA PROGRAMS: Global • Professional • Accelerated • World Executive  
SPECIALIZED MASTERS: Accountancy • Finance • Project Management • Information Systems  
Technology • Information Systems Technology, Executive • Tourism Administration

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON D.C.

**lookout** entertainment



In the Blue Man Group's touring show, the characters encounter a changing world.

**Blue Man Goes  
Back to Its Roots**

The artsy spectacle plans a national tour of intimate theaters

**Stage**

Today, the spectacle of three grease-painted men in space-age getups thumping on drums has more in common with laser light shows — or even Lady Gaga — than high culture. But in 1991, it was precisely in the name of art that the Blue Man Group took up residence off-Broadway in New York's Astor Place Theatre.

Blue Man was always an esoteric undertaking, says Phil Stanton, a co-founder. It was artsy young New Yorkers, after all — Stanton, fellow actor Chris Wink and Wink's childhood friend Matt Goldman — who first roamed the streets slathered in bright blue greasepaint just to get a rise out of famously blasé New Yorkers.

"I wouldn't call it performance," Stanton says from New York,

where the group now helms a mini-empire, including a charter school. But the label "performance artists" seemed to fit, and the group certainly had magnetism, first winning the run at Astor Place and quickly exploding into today's global phenomenon/tourist trap of splashing paint, twinkling Lite-Brite sets and raging rock scores.

Twenty years after that first big break, the Blue Man Group is getting back to its roots. This winter, the silent cerulean wonder is on a national tour that forgoes big arenas in favor of stops at theaters.

In the new show, the Blue Men will encounter a changing world with innocence and a healthy dose of curiosity. "The idea that led to Blue Man," Stanton says, "was that we wanted to get at what it was to be humans, to be fully creative." **LAVANYA RAMANATHAN (THE WASHINGTON POST)**

• Warner Theatre, 513 13th St. NW; Wed. through April 3, various times, \$32-\$92; 202-783-4000, [Warnertheatre.com](http://Warnertheatre.com). (Metro Center)



**Return to the Shire**

Cameras started rolling Monday on director Peter Jackson's "The Hobbit" (starring Martin Freeman as Bilbo Baggins, pictured), after months of delays on the prequel to his Oscar-winning "Lord of the Rings" trilogy. Hollywood studio funding problems, a threatened actors

boycott and ulcer surgery for Jackson had previously plagued pre-production of the \$500 million, two-movie project. (AP)



# TV tonight **lookout**

## Food's 'Quantum' Leap

A 'Top Chef' alumnus mixes science with cuisine in a new show

### Cooking

**SYFY 10:00** As far as reality-show villains go, wildly talented "Top Chef" and "Top Chef: All Stars" alum Marcel Vigneron didn't come close to the level of Evil Russell of "Survivor" or, to go way back, Omarosa from "The Apprentice." Still, he clashed with fellow contestants, polarized viewers and made headlines for being the contestant "everyone loves to hate."

Plus, he's easy on the eyes — and that, television viewers, is the kind of person who gets his own reality show.

As a result, we get "Marcel's Quantum Kitchen," a new cooking series on Syfy that attempts to justify the fact that it's on a science-fiction-themed channel by using molecule-shaped anima-



Marcel Vigneron, right, (with Jarrod Masse) is an expert in molecular gastronomy.

tion, helpful graphics that count milliliters of liquid and the word "quantum" in the title. In reality, the show winds up being like any other frantically paced, personality-driven cooking show on any other network. Though Marcel points out in the beginning that he's a molecular gastronomist, which means he incorporates science into all of his cooking. Well played, Marcel, well played.

But, really, don't we just want to be entertained? Quibbles with the channel aside, the series proves to be a dynamic hour of television. The producers avoid manufacturing drama — say, by fixating on Marcel's egomaniacal tendencies — and instead focus on the most fascinating aspects of the chef's new day job as the owner of a catering company.

EMILY YAHR (THE WASHINGTON POST)

### Best Bets

**ABC 8:00**

**No Ordinary Family** Danger, Will Robinson — er, Jim Powell! In this new episode, Mrs. X (Lucy Lawless) dispatches a supervillain with animal-like powers to take out the family. Daphne ditches school with Chris to attend a music video shoot featuring singer Sara Bareilles.

**CBS 8:00**

**NCIS** Vance orders Gibbs (Mark Harmon, pictured) to question a troubled teen who's accused of killing his father, a retired Marine. The assignment not only puts Gibbs' interrogation skills to the test but also has him questioning the director's motives.



**PBS 9:00**

**Frontline** Oscar-winning filmmaker John Zaritsky explores whether we have the right to end our lives in the last stages of painful terminal illness, or whether life becomes unbearable for other reasons.

**FX 10:00**



**Lights Out** No matter how far you've fallen, there's always someone worse off than you. That's the lesson Lights (Holt McCallany, pictured) learns in this new episode, as he meets and tries to help a punch-drunk and destitute former champion even as his own future is threatened. (TRIBUNE MEDIA)

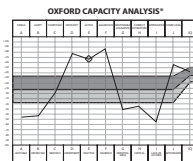
### Reality



### Down on the Farm

New Yorkers-turned-farmers Brent Ridge, left, and Josh Kilmer-Purcell, right, return for the second season of "The Fabulous Beekman Boys" (10 p.m., Planet Green). Josh has to go back to Manhattan and toil 80 hours a week in advertising to support the couple's bucolic 19th-century farmstead. Meanwhile, the hyper-organized Brent establishes a goal that will enable Josh to join him full time. (UNITED FEATURE SYNDICATE)

## Curious About Yourself?



©2010 FCDC.

Your IQ, personality and aptitude determine your future success. Know them.

We are currently offering free, no obligation intelligence and personality tests.

9:30 AM — 10:00 PM daily

Call today to schedule an appointment

THE FOUNDING CHURCH OF SCIENTOLOGY®

Corner of 16th & P Sts, NW • (202) 797-9826 • fcdd@scientology.net

### THE TAILORED MAN

EST. 1969

HONG KONG CUSTOM TAILORS

Fine Hand-Tailoring for Men and Women  
SUITS FROM \$550 • SHIRTS FROM \$65

WASHINGTON, DC SHOWS:

**Hyatt Regency** - Capitol Hill  
March 24th (Thursday)  
400 New Jersey Avenue, NW

**Grand Hyatt** - Washington, DC  
March 25th (Friday)  
1000 H Street NW

**Hyatt Regency** - Reston  
March 28th (Monday)  
1800 Presidents St. -  
Town Center

**Hyatt Regency** - Bethesda  
March 29 (Tuesday)  
7400 Wisconsin Ave.

### SPECIALS:

1 Suit & 2 Shirts: **\$599** • 2 Suits & 3 Shirts: **\$1099**  
6 Shirts: **\$325** • 3 Piece Suit & Shirt: **\$675**

5243 Duke St. • Alexandria, VA • 866.751.7868 / 571.529.0539  
- By Appointment Only - [www.tailoredman.com/appointment](http://www.tailoredman.com/appointment)

PhD IN PUBLIC POLICY

*Information Session*

Tuesday, March 29, 7 p.m.  
Arlington Campus  
3351 Fairfax Drive, Room 126



■ Innovative Program  
■ World-Class Faculty

■ Convenient D.C. Area Location  
■ Affordable Costs

Study with world-renowned scholars at one of the nation's leading schools of Public Policy. Join us in an environment that encourages discussion and nourishes ideas. Apply to the School of Public Policy and work with some of the pre-eminent Washington, D.C. area scholars and policymakers. Attend an information session and apply now.

To reserve your place at this session or to learn more about our program, please visit [policy.gmu.edu/admissions](http://policy.gmu.edu/admissions).

GEORGE MASON UNIVERSITY

School of Public Policy

WHERE INNOVATION IS TRADITION

SCREENER TEACHER SALES REP GRAPHIC ARTIST  
MAINTENANCE To advertise a job in Express, call 202-334-4100. CELEBRITY  
ADMINISTRATIVE ASSISTANT CHIEF ENGINEER



Poll Center

Today's Question

DO YOU THINK AT&T'S MERGER WITH T-MOBILE WILL BENEFIT CONSUMERS?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

DO YOU AGREE WITH THE U.N.'S DECISION TO INTERVENE IN LIBYA?



"Since when does policing a no-fly zone involve bombing targets?"

COMMENTER WTF?

"I'm against intervening in Libya, because it isn't our fight, but I like the fact that at least we are going in with allies."

COMMENTER PHILIMUS

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

"Each year the cry goes up [...] debating whether the walk and spectacle are good times or just plain old exploitation and humiliation of the amazing beasts. Well, in my mind, sequins and studded harnesses should generally be reserved for drag queens, but the memories of youthful visits to the circus give me enough pleasure to be able to enjoy the event rather than vehemently disdain it."

— THEHILLISHOME.COM IS LOOKING FORWARD TO TUESDAY'S D.C. ELEPHANT WALK PUT ON BY THE RINGLING BROS. AND BARNUM & BAILEY CIRCUS.



"Needless to say, there were a few lumps in the throat for those final few scenes. As uneven as the last couple of seasons were, the ending was about as perfect as anyone could ask for."

— MARQUEE.BLOGS.CNN.COM WAS SATISFIED WITH THE FINAL PLOT TWIST IN THE SERIES FINALE OF "BIG LOVE" ON HBO SUNDAY NIGHT.

"There's something ironic about the plot for 'Pirates of the Caribbean: On Stranger Tides' being based around the fountain of youth myth, because if ever a franchise felt dated, drawn out and old-hack, it's this one."

— OBSESSEDWITHFILM.COM IS HOPING THAT THE FILM TURNS OUT TO BE BETTER THAN ITS NEW TRAILER, WHICH WAS RELEASED MONDAY.

Women: Is Your Drinking Causing Problems?  
Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

Call: 301-496-1993

TTY: 1-866-411-1010

www.clinicaltrials.gov

Study #: 10-AA-0046



NIH CLINICAL CENTER  
National Institutes  
of Health



WHUT is my source for early childhood education.

Crystal Barney-Harold, Washington, DC



Public broadcasting has something for everyone. As the first and only public broadcasting (PBS) station in the United States licensed to and operated by a historically black college/university (HBCU), WHUT remains dedicated to its 30 year mission of service to the Washington community.

ADMINISTRATIVE ASSISTANT CHIEF ENGINEER  
LOCKSMITH To advertise a job, call 202-334-4100. SITE AGENT  
ELECTRICIAN SECURITY GUARD SALES MANAGER  
RECEPTIONIST PARALEGAL  
TECHNICIAN  
PHARMACIST COSMETOLOGIST COUNSELOR AIRCRAFT  
MECHANIC SPECIALIST ARCHITECT

express  
expressnightout.com



# puzzles **lookout**

## Horoscope

**ARIES** (March 21-April 19) A friend can help you reconnect with yourself and your primary objectives at this time. Today's decisions may determine a great deal.

**TAURUS** (April 20-May 20) You have your doubts, but there is inner strength that can see you through even a potentially difficult day.

**GEMINI** (May 21-June 20) A gift comes to you through unfamiliar channels; as a result, you'll be ready to see things from an alternative point of view.

**CANCER** (June 21-July 22) A question of need takes precedence over any determination of ease or expedience. Do what must be done; don't settle for less.

**LEO** (July 23-Aug. 22) It may be time for you to change methods. Explore options, but be ready to jump at a chance that comes very much by surprise.

**VIRGO** (Aug. 23-Sept. 22) Others will notice a shift in your thinking that you may not be aware of—yet. You'll play the role of catalyst in some way.

**LIBRA** (Sept. 23-Oct. 22) Your skills may not be as well honed as they will be, but you can still enjoy the fruits of your labors on a limited basis.

**SCORPIO** (Oct. 23-Nov. 21) Though you may be asked to fill in for someone else, there's no need for you to take over altogether. Keep things as they have been.

**SAGITTARIUS** (Nov. 22-Dec. 21) You can learn from someone else's example. Focus on doing that which comes naturally but that also yields results.

**CAPRICORN** (Dec. 22-Jan. 19) You won't be able to avoid all comparisons, but you can fare quite well if you stick to what you know best.

**AQUARIUS** (Jan. 20-Feb. 18) A rival has you doubting yourself for a while, but later on you'll realize that you've been on the right track all along.

**PISCES** (Feb. 19-March 20) Talk to those who have been there, done that before you make any lasting decisions. All information is good information.

## Scrabble Grams

PAR SCORE 140-150, BEST SCORE 217

A <sub>1</sub>	I <sub>1</sub>	U <sub>1</sub>	H <sub>4</sub>	G <sub>2</sub>	S <sub>1</sub>	N <sub>1</sub>

E <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	L <sub>1</sub>	P <sub>3</sub>	T <sub>1</sub>	L <sub>1</sub>

A <sub>1</sub>	A <sub>1</sub>	A <sub>1</sub>	I <sub>1</sub>	P <sub>3</sub>	N <sub>1</sub>	M <sub>3</sub>

A <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	V <sub>4</sub>	L <sub>1</sub>	T <sub>1</sub>	P <sub>3</sub>

2nd Letter Double

Triple Word Score

RACK 1

RACK 2

RACK 3

RACK 4

### Yesterday's Solution

P <sub>3</sub>	I <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>
M <sub>3</sub>	O <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>	I <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>
C <sub>3</sub>	I <sub>1</sub>	C <sub>3</sub>	A <sub>1</sub>	D <sub>2</sub>	A <sub>1</sub>	
A <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>	W <sub>4</sub>	O <sub>1</sub>	R <sub>1</sub>	K <sub>5</sub>

PAR SCORE 145-155 TOTAL 204

RACK 1 = 68  
RACK 2 = 61  
RACK 3 = 11  
RACK 4 = 64

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

5			4			8		6
		4			7			
6	9		5				3	
				7		5		
7								8
		2		4				
	6				2		4	9
			7			1		
1		9			4			7

### Yesterday's Solution

4	8	6	9	3	2	7	5	1
7	9	1	5	8	4	2	6	3
2	5	3	6	1	7	9	8	4
9	4	2	1	7	6	5	3	8
6	3	8	2	9	5	1	4	7
1	7	5	8	4	3	6	9	2
3	1	9	7	6	8	4	2	5
8	2	7	4	5	9	3	1	6
5	6	4	3	2	1	8	7	9

**Need more Sudoku?**  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



# 64 | 45

**Today:** Some sunshine giving way to clouds today. Periods of rain tonight.



# 62 | 52

**Tomorrow:** A couple of thunderstorms tomorrow. A passing shower tomorrow night.

### Looking Ahead



THU

63 | 36



FRI

54 | 37



SAT

53 | 36

### Sun and Moon

Sunrise today: 7:09 a.m.  
Sunset today: 7:22 p.m.  
Moonrise today: 11:26 p.m.  
Moonset today: 8:35 a.m.

### Almanac

Normal high: 57  
Record high: 89  
Normal low: 39  
Record low: 10

FORECAST BY ACCUWEATHER.COM ©2009

# Don't let high blood pressure & diabetes puzzle you.



High blood pressure is a common disease seen in people who also have diabetes. In fact, almost two out of three adults with diabetes also have high blood pressure. Physicians are conducting a research study comparing the effectiveness of two medications for the treatment of high blood pressure in people with diabetes. Study participants will receive one of the study medications and study related care, at no charge.

**You may be eligible to participate in this study if you have:**

- High Blood Pressure
- Type II Diabetes.

To learn more, call:  
**703-527-8100**  
Metro Accessible  
Volunteer For Your Future

# Aha!

The University of Virginia  
**Master's in the Management of Information Technology**  
*for working professionals*

- Complete a one-year degree without career interruption.
- Discover the rich learning environment created by our dedicated full-time faculty and exceptional student body.
- Create business value through innovative IT management.

TWO CONVENIENT FORMATS  
Once a month, over one year in Charlottesville or alternating Saturdays over 16 months in Reston

JOIN US FOR A CLASS VISIT  
**Saturday, March 26**  
8:00 to 10:30 am

ASCE Bechtel Conference Center  
Reston, VA

Act now to begin class in May!  
Applications accepted through April 15.



commerce.virginia.edu/msmit (434) 982-2245

# lookout puzzles

## Crossword

BIG FAKER

### ACROSS

- 1 Balance sheet entry
- 6 Gem from Australia
- 10 Pie hole
- 13 Stop
- 14 Motive starter?
- 15 "Will be," in a Doris Day song
- 16 Margarine, e.g.
- 19 Chow down, more formally
- 20 Bygone days
- 21 Hotel upgrade
- 22 Mouse catcher
- 24 Thicker-witted
- 25 Fare for the toothless
- 27 Resembling Castro, in a way
- 31 Send over the moon
- 33 Disinfectant victim
- 34 Fuel cartel acronym
- 38 Illegal tender
- 41 Salmon that has spawned
- 42 Floral gifts
- 43 "The Hobbit" hero
- 44 Botswana flies
- 46 Brief rage
- 47 Pile up, as interest
- 51 Area that may have stained-glass windows
- 53 One trying to win a hand?
- 54 Person with a vision
- 57 Roll an untimely seven (with "out")
- 60 AstroTurf, e.g.
- 63 Razor-sharp
- 64 "The War of the Worlds" world
- 65 Breastplate of Athena
- 66 Beginning of summer?
- 67 Cobra, to a mongoose
- 68 Sign of hard work

### DOWN

- 1 Alternative to mushrooms?
- 2 Big hauler
- 3 Noted epistle writer
- 4 "Poly" follower
- 5 Beverage often served with lemon
- 6 Melange

1	2	3	4	5		6	7	8	9		10	11	12
13						14					15		
16						17					18		
19						20					21		
		22		23					24				
25	26			27		28	29	30					
31			32			33					34	35	36
38						39					40		
41						42					43		
				44					45			46	
47	48	49	50						51		52		
53						54	55	56			57		58
60						61					62		
63						64					65		
66						67					68		

EDITED BY TIMOTHY E. PARKER

- 7 Like church mice?
- 8 An embarrassing problem to face?
- 9 Arcing toss
- 10 Himalayan creatures, supposedly
- 11 Sharp, narrow mountain ridge
- 12 Kitchen tool
- 15 Surprise greatly
- 17 Texters do it
- 18 Took out of the box
- 23 Help, in a bad way
- 24 She played Molly in "Ghost"
- 25 Quick kiss
- 26 Soothing stuff
- 28 Be in accord
- 29 Install to new specifications
- 30 Become decent?
- 32 Wile E. Coyote purchase
- 34 Geisha's girder
- 35 Robber's deed
- 36 Temporary home for Napoleon
- 37 Wad of earth
- 39 Otherwise
- 40 1/2 fluid oz.
- 44 Tough guy's territory
- 45 Rank below marquis
- 47 Out of the sack
- 48 Apple throwaways
- 49 Homing pigeons' homes
- 50 Bridle strap
- 52 Carpentry fastener
- 54 Appendectomy evidence
- 55 Land of shamrocks

- 56 "Don't get too excited, now!"
- 58 One of the five Olympic rings
- 59 "Hey, over here!"
- 61 Bratty little kid
- 62 You get it to go

### Yesterday's Solution

2	O	P	S	4		6	P	R	O	S	8	10	11	12	13						
	P	H	E	W			L	A	T	E	X		E	L	S	E					
	E	I	R	E			A	F	I	R	E		L	O	P	E					
23	C	O	U	L	D		N	T	C	A	R	E		L	E	S	S				
						21	L	E	A												
25	K	E	A			28	P	R	E		30	V	A	I	L		32	W	O		
25	E	C	L	A		28	O	D	O		32	H	A	V	E						
31	Y	O	U	S	H		30	U	L	D	N		32	H	A	V	E				
	E	L	M	S		33	E	L	M	S		35	R	I	E	L					
45	D	I	S			48	D	I	S	S	E	N	T		48	A	N	A			
						49	F	I	E			50	O	H							
51	W	O	U	L	D		51	N	T	I	T	B	E	N		53	N	I	C	E	
61	U	R	G	E		62	A	M	I	L		64	S	N	I	T					
	S	A	L	E		65	A	P	P	L	E		66	T	O	E	S				
	S	L	I	T		67	L	A	S	E	R		68	T	O	E	S				

## Today in History

- 1765** Britain enacts the Stamp Act of 1765 to raise money from the American colonies.
- 1882** President Chester Alan Arthur signs a measure outlawing polygamy.
- 1978** Karl Wallenda, 73, patriarch of the Flying Wallendas high-wire act, falls to his death while attempting to walk a cable in San Juan, Puerto Rico.

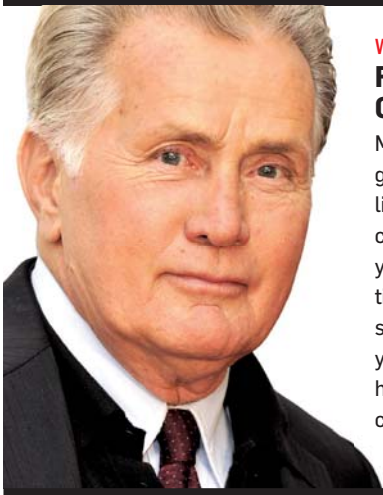
express



Editorial: 202-334-6800  
Fax: 202-334-9777  
Circulation: 202-334-6992  
Advertising: 202-334-6732  
or ads@readexpress.com  
Classifieds: 202-334-6200

EXPRESS STAFF: PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM  
EDITOR—DAN CACCAVARO | CREATIVE DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING  
EDITORS—HOLLY J. MORRIS, MATT SWENSON | ART DIRECTOR—LORI KELLEY | FEATURES  
EDITOR—JENNIFER BARGER | SENIOR EDITORS—VICKY HALLETT, SHAUNA MILLER, KRISTEN  
PAGE-KIRBY | SECTION EDITORS—KATIE ABERBACH, KATHERINE BOYLE, MORGAN SCHNEIDER, SARA  
SCHWARTZ, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | EDITORIAL DESIGN—ADAM  
GRIFFITHS, ERNIESMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW  
LIDDI | PHOTOGRAPHER—MARGE ELY | WEB EDITORS—RUDI GREENBERG, CHRIS CHESTER





## WISDOM

**Father Confirms That Charlie Sheen Really Is 5**

Martin Sheen told the U.K.'s Telegraph newspaper that his son Charlie Sheen, 45, is emotionally still a child due to drug addiction. "When you're addicted, you don't grow emotionally. So when you get clean and sober, you're starting at the moment you started using drugs or alcohol," he explained. "You're emotionally crippled." (EXPRESS)

## LANGUAGE

**Fans of Miley Rejoice; Fans of Punctuation Grieve**

Miley Cyrus, who swore off Twitter last year, is now tweeting via her record label. "This is my new way to connect. When I need to speak out I will tweet from @Rock\_Mafia ROCK MAFIA FOREVER. x MC," she wrote Sunday. Miley "will tweet from here till we convince her to make a new account!!!!" Rock Mafia added. E! confirmed that "MC" is indeed Cyrus. (EXPRESS)



Can you find Miley Cyrus in this picture? Hint: She might be in the foreground.

## Victims

**Charlie Sheen Has Found His Opening Act**

Randy Quaid has turned his fear of what he calls "Star Whackers"—aka people out to kill celebrities—into a song. Quaid and his band, the Fugitives, performed the work in Vancouver, British Columbia, on Friday. "On the Rebecca Black 'Friday'-o-meter of pop awfulness, this barked, tuneless, allegedly comic blast" scored a 9.3, a Canadian music critic wrote. (EXPRESS)



## SAVIORS

**Unimpressed Aliens Don't Colonize Earth**

Sammy Hagar, former lead singer of Van Halen, told MTV that he was abducted by aliens. In an interview with Mtvhive.com to promote his new book, "Red: My Uncensored Life in Rock," Hagar described the incident as "a download situation." "Aliens were plugged into me," he said. "They were tapped into my brain and the knowledge was transferred back and forth." He also mentioned seeing a "car without wheels" floating across a field when he was 4 years old. He threw "rocks and [expletive] at it." (EXPRESS)



**"They can read each other very clearly, and they have a deep emotional understanding. It's quite a lovely thing."**



— WENDY STACEY, CHAIR OF THE ASTROLOGICAL ASSOCIATION OF GREAT BRITAIN, ON HOW KATE, A CAPRICORN, AND WILLIAM, A CANCER, ARE SO COMPATIBLE.



LeAnn agreed to reduce carbon emissions if Brandi would eliminate CFCs.

## ENVIRONMENT

**Tense Summit Results In Online Pollution Treaty**

LeAnn Rimes and Brandi Glanville—the former wife of Rimes' fiancé, Eddie Cibrian—have called a Twitter truce. "As a collective unit, Brandi and I would like all negativity to cease toward one another," Rimes posted via Twitlonger.com on Sunday. "Please for our families' sake stop the hate now and let us live our lives. We don't need opinions or outside help in order for that to happen." Glanville retweeted Rimes' posting. (EXPRESS)

express



automobile dealers

more cars on the net



@washingtonpost.com



**LUSTINE DODGE**  
WOODBRIDGE, VA 1-800-879-4701  
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM



**SHEEHY HONDA**  
ALEXANDRIA, VA 703-660-0100  
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM



**BROWN'S MANASSAS HYUNDAI**  
MANASSAS, VA 703-361-9600  
8651 CENTREVILLE ROAD MANASSASHYUNDAI.COM



**LEXUS OF SILVER SPRING**  
SILVER SPRING, MD 1-800-266-4874  
2505 PROSPERITY TER. LEXUSOF SILVERSPRING.COM



**DARCARS NISSAN**  
ROCKVILLE, MD 301-309-2200  
15911 INDIANOLA DRIVE WWW.DARCARS.COM



**355 TOYOTA**  
ROCKVILLE, MD 301-309-3917  
15625 FREDERICK ROAD WWW.DARCARS.COM



**KAY JENNINGS SPRINGFIELD TOYOTA**  
SPRINGFIELD, VA 703-451-0300  
6570 AMHERST AVE. SPRINGFIELDTOYOTA.COM

**KOONS TYSONS TOYOTA**  
VIENNA, VA 1-888-505-1137  
8610 LEESBURG PIKE WWW.KOONS.COM



nine simple numbers

you learned by age 3

play

su | do | ku

express

A Publication of the The Washington Post

# *Mad About Hue!*

SPRING 2011

Bethesda  
10247 Old Georgetown Rd.  
301.564.0995

Reston  
11950 Market St.  
703.435.0605

Clarendon  
2700 Clarendon Blvd.  
703.807.4083

National Harbor  
100 American Way  
301.567.0511

Gaithersburg  
15 Grand Corner Ave.  
301.948.0971

Fairfax  
4206 Fairfax Corner West Ave.  
703.222.0571

[southmoonunder.com](http://southmoonunder.com)



## south moon under

*inspiring self expression through the art of fashion*

### Grand Opening at FAIRFAX CORNER

March 23, 2011

"your closet will never be the same"